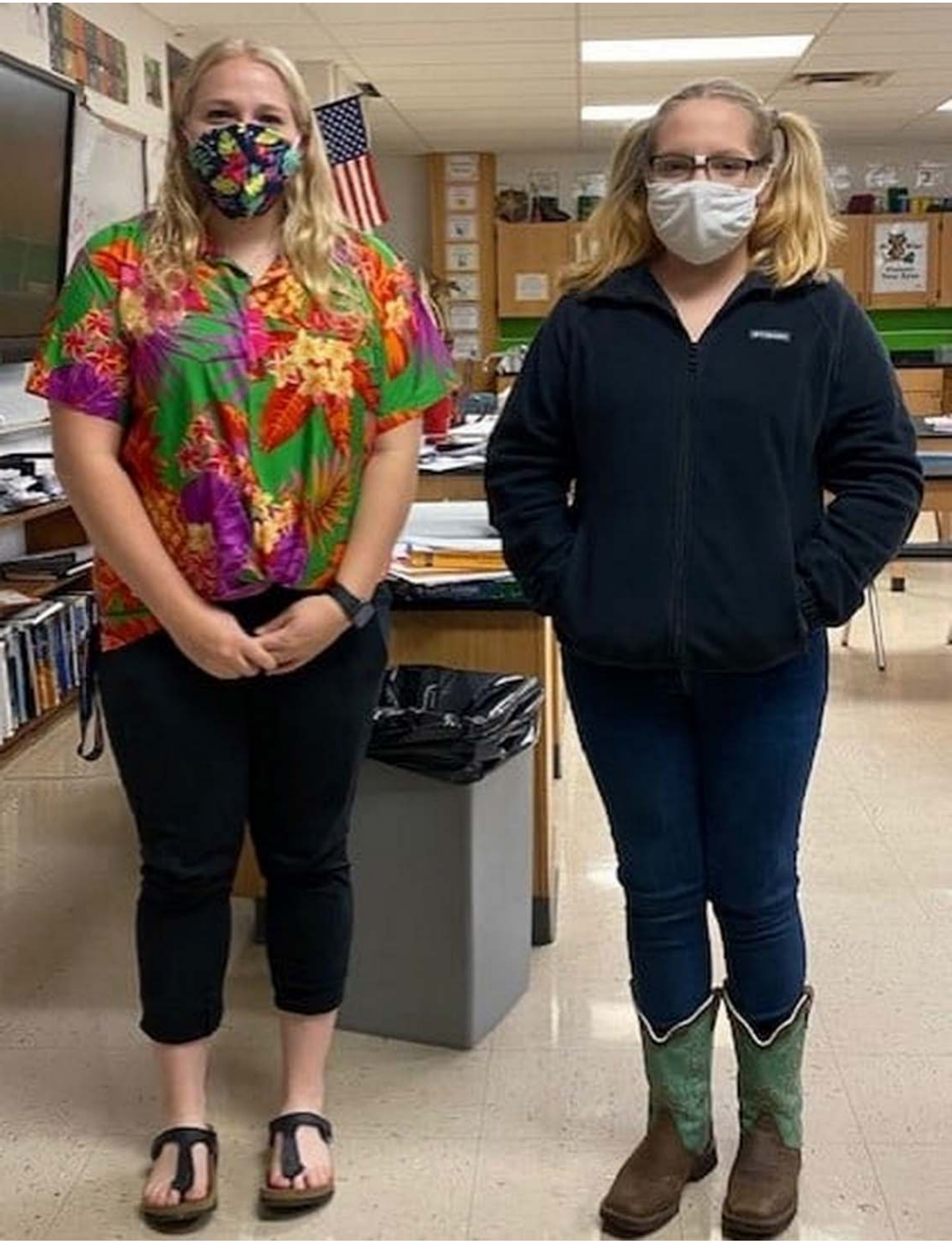
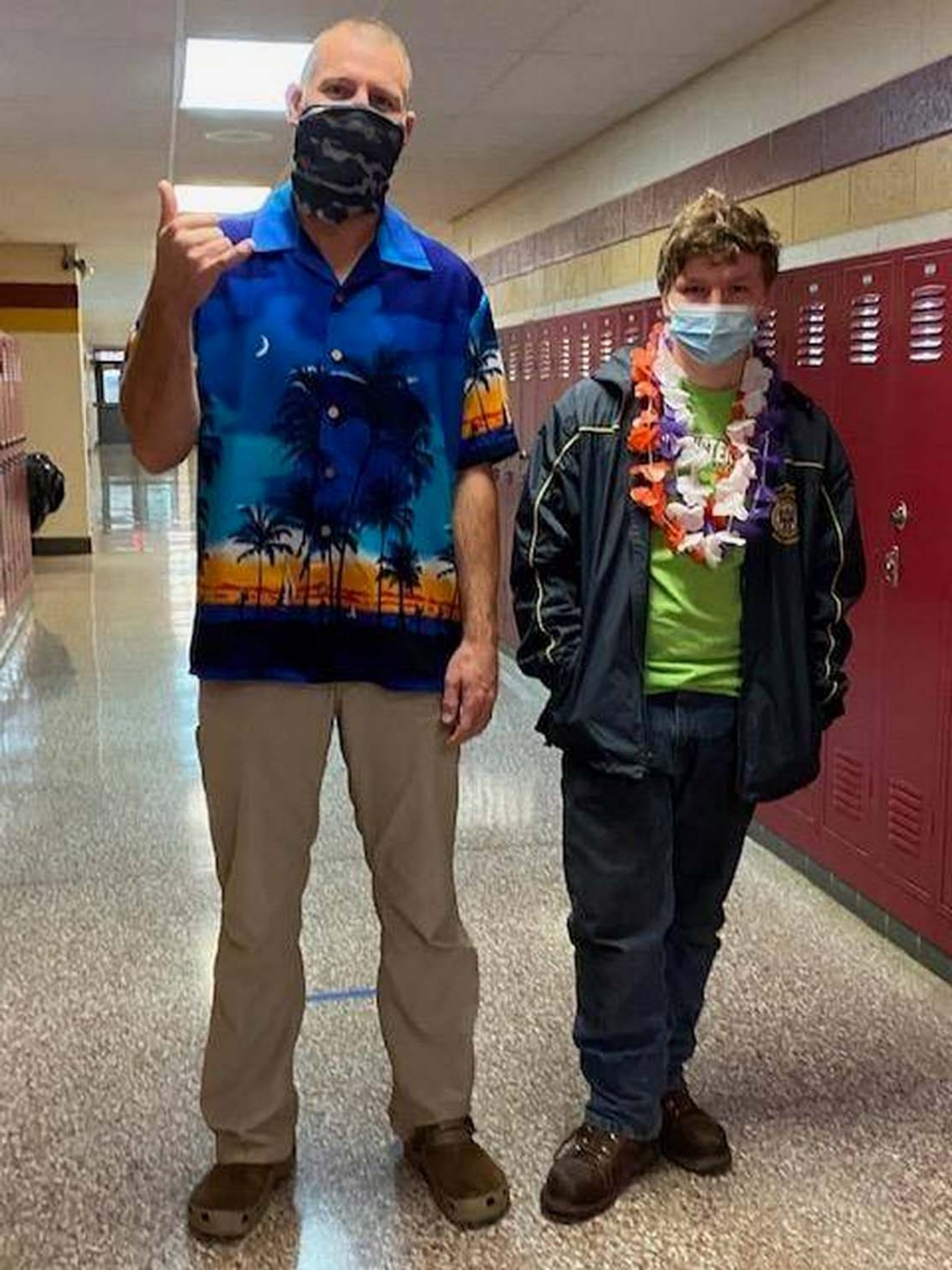
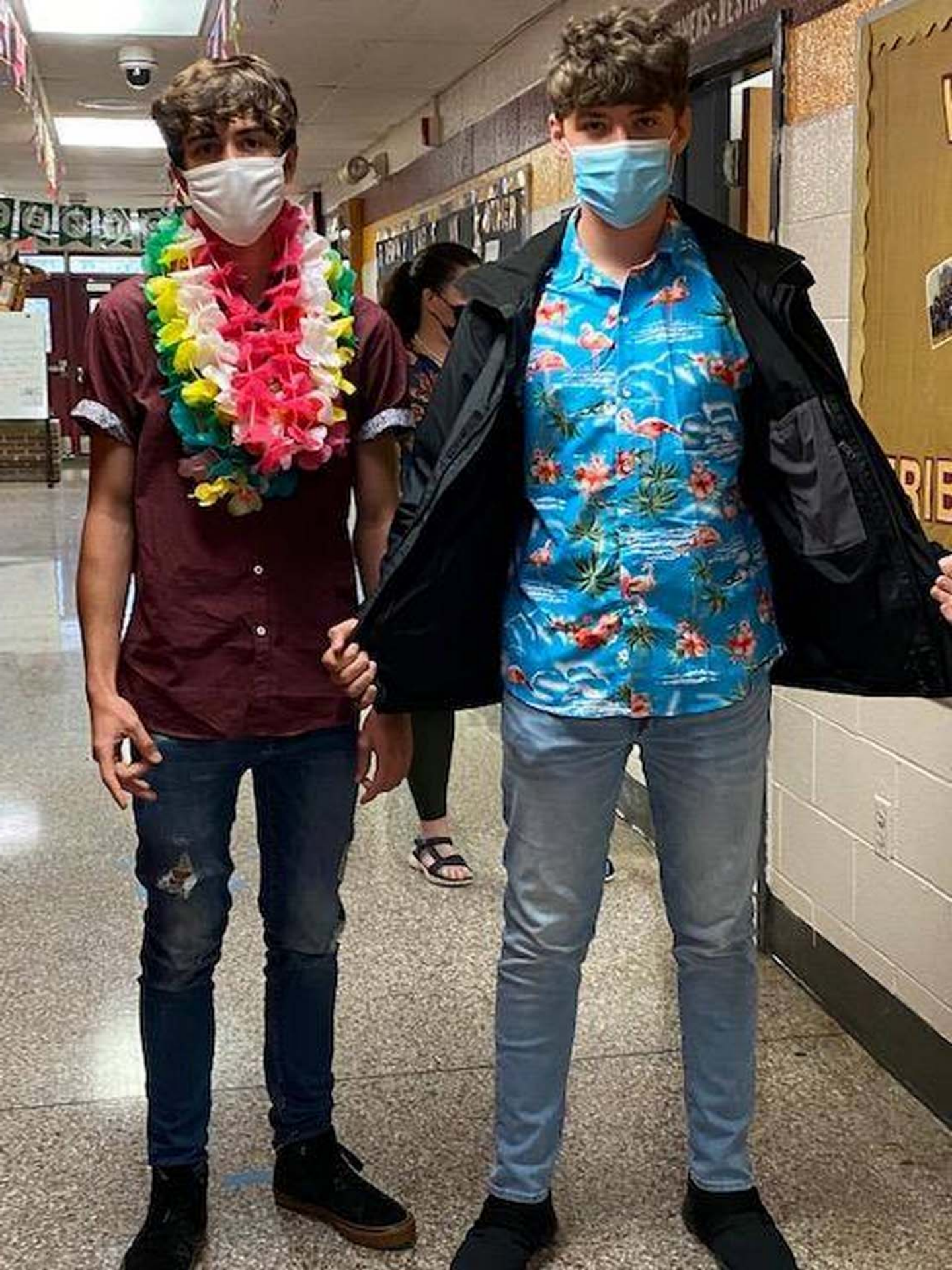
GO WARRIORS
WARRIO

CHEVROLET

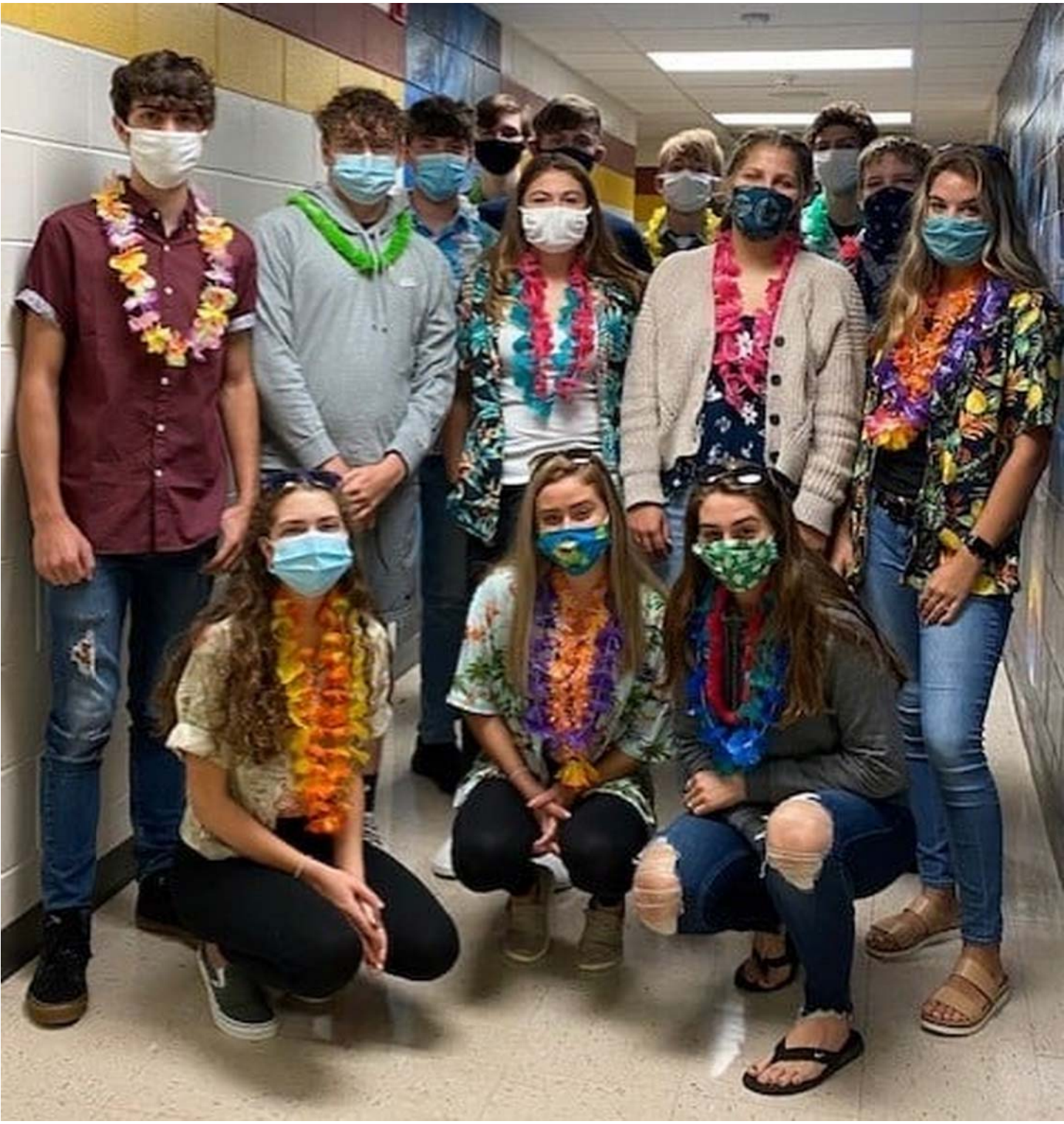






POPS ENSEMBLE

EXIT



FLYTP

Let's go WARRIORS!
Show us whose
got the most
school spirit!

GO WARRIORS

EXIT

Champions aren't born - they are made. JUNIORS are champions!

Freshman Class of 2024 #1

Yeah, we've heard what's going round
But you can't take the Freshman down.
We don't play just for fun
We won't stop 'til we're number one
Fe, fi, fo, fum
Freshman Class is Number 1!

P
WARRIORS
C

winner noun

Save Word

win·ner | \ ˈwi-nər \

Definition of *winner*

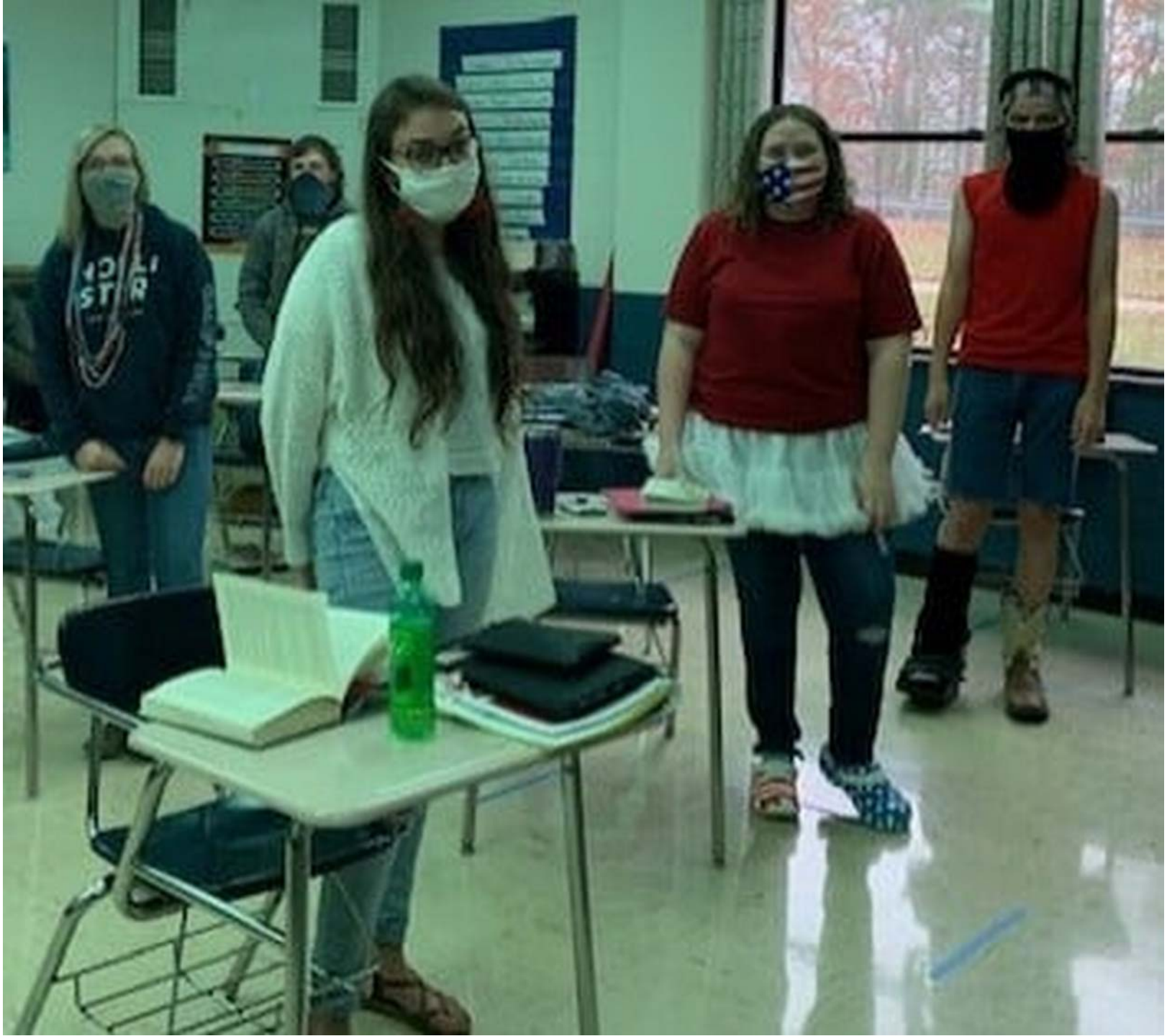
WARRIORS!

Juniors leave the others in the dust when it comes to finishing first! Go JUNIORS!

Freshman are a breath of fresh air, Go FRESHMAN! Shine this week with dress up days.

Seniors are gonna win
How bout dat

JUNIORS, time to show the other classes how they are going down with your spirit!

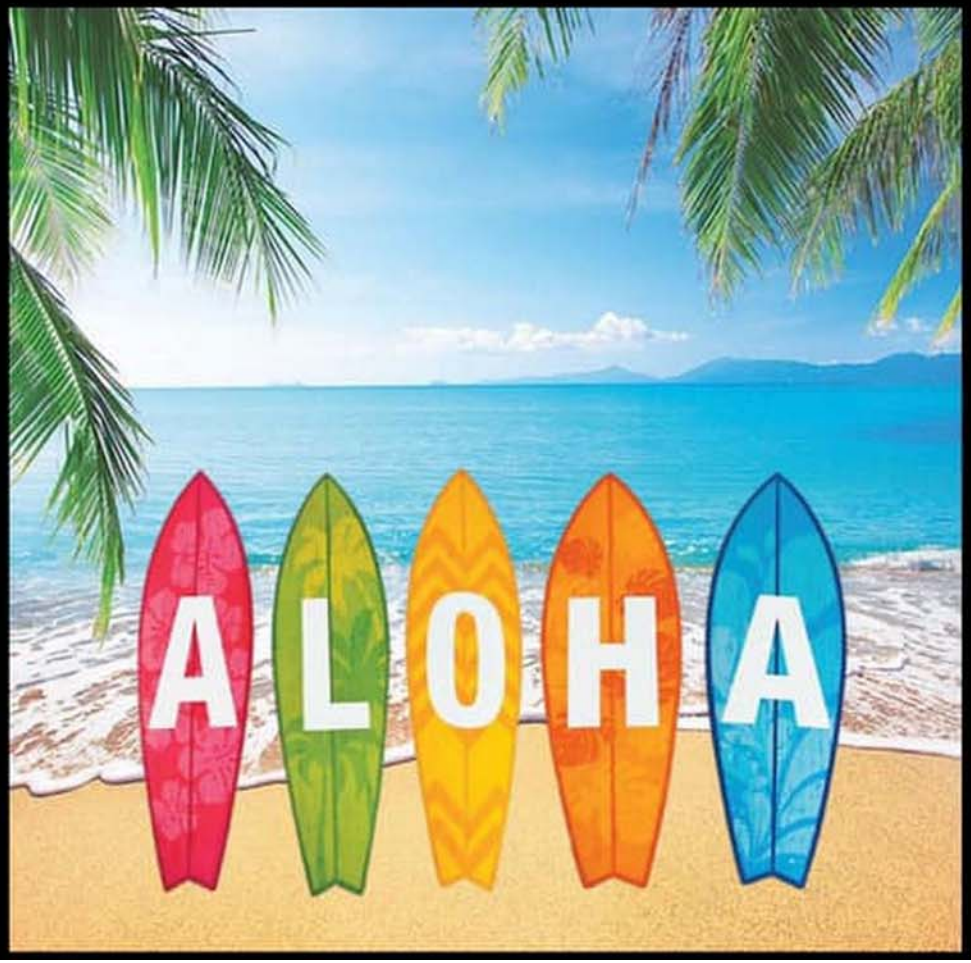


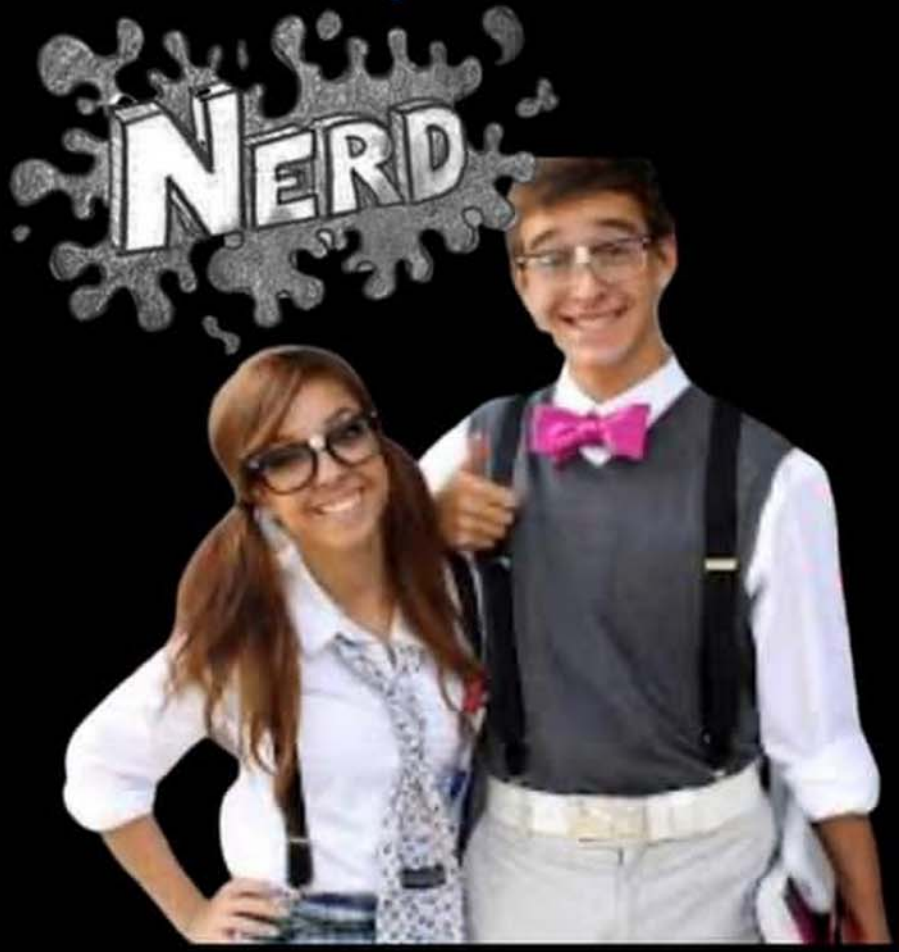
oonhound

IN YOUR SCHOOL

BAMA

Tuesday October 27th - Hawaiian/Nerd





CHEVROLET
1911
CORDELL

USA

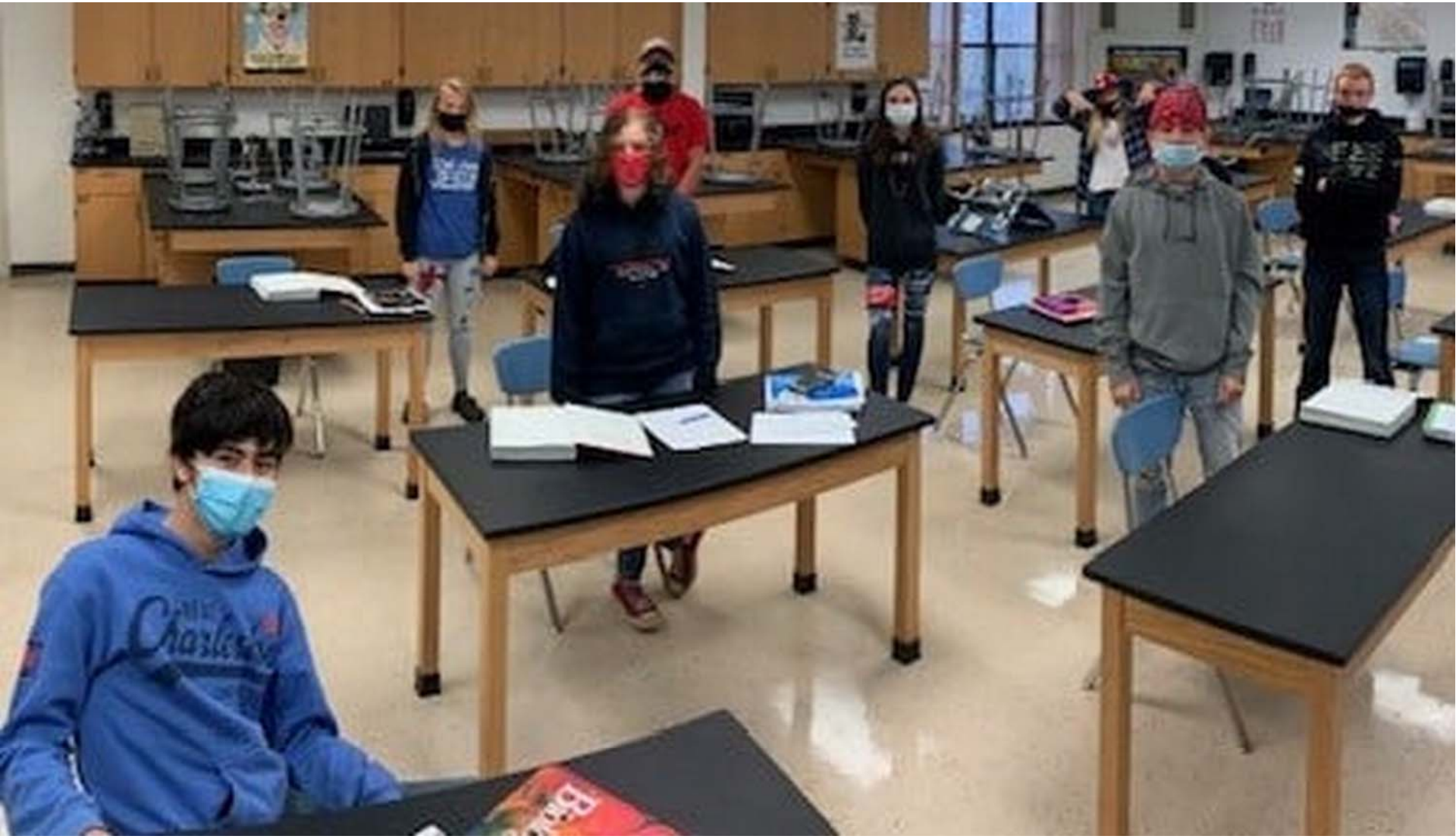
EINSTEIN
CO

Class of 2024 #1 ALWAYS

The Freshmen are here,
And we wanna give a cheer
To let you know that it's
Gonna be our year!
2020 Spirit Week belongs to us.

Class of 2024 can't be stopped.
Freshman Class is THE BEST!

HOME
VISITOR
BONUS
PERIOD
BONUS
HOME OF THE WARRIORS
INTERSTATE HARDWOODS CO. INC.



BEST HEALTH PRACTICES
IN YOUR SCHOOL

TEAM
USA

Monday October 26th - Americana/ Jungle

Freshman Class of 2024 #1

Freshmen say go!
Go!
Freshmen say fight!
Fight!
Freshmen say win!
Win!
Put it all together now!
Go, fight, win!
Freshman Class is THE BEST!

P
WARRIORS
C

POCAHANTAS
PCs

USA

Daily Schedule During COVID

10/20/20

Beginning First Block 7:50-8:30 Breakfast/Cleaning

Monday / Thursday

1st Block 8:30-10:05

2nd Block 10:10-12:20

1st Lunch 10:30-11:00

2nd Lunch 11:10-11:40

3rd Lunch 11:50-12:20

3rd Block 12:25- 2:00

4th Block 2:05-3:00

Tuesday / Friday

5th Block 8:30-10:05

6th Block 10:10-12:20

1st Lunch 10:30-11:00

2nd Lunch 11:10-11:40

3rd Lunch 11:50-12:20

7th Block 12:25- 2:00

4th Block 2:05-3:00

All Days: Dismiss Marlinton Buses 3:00, Dismiss Green Bank Buses 3:07, Dismiss Drivers/Athletes 3:15

WEDNESDAY – Students will use the day to do any schoolwork they have; they will not be meeting with the teachers online this day while having in person school 4 days.

Juniors let's hear YOUR

Victory cheer!

ALLISR

Juniors heading
to the TOP
of Spirit week!

If there's somethin' strange in your "school"

Who ya gonna call (SOPHOMORES!!)

If it's somethin' weird an it won't look good

Who ya gonna call (SOPHOMORES!!)

I ain't afraid a no senior

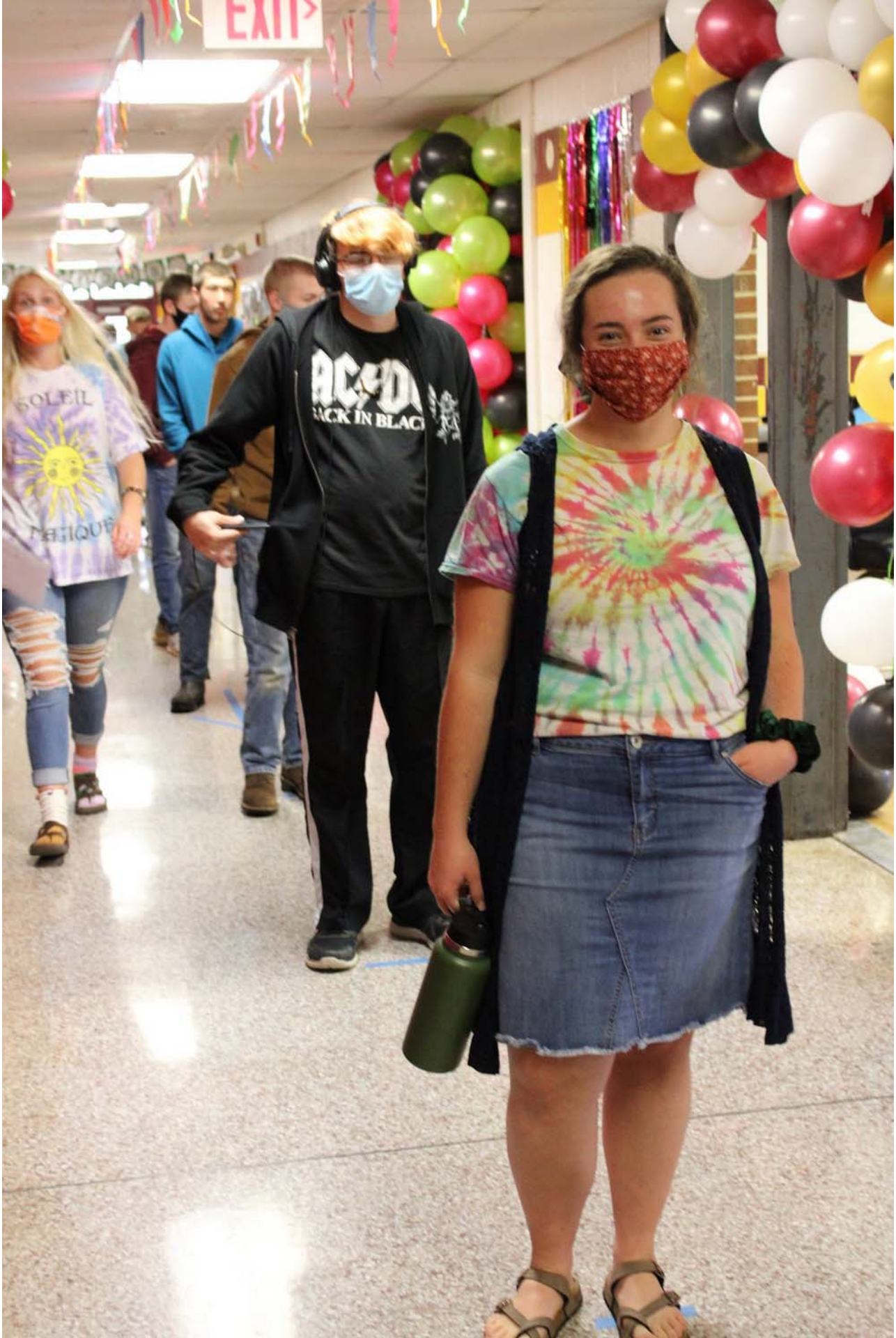
I ain't afraid a no junior

I ain't afraid of no freshmen

GO SOPHOMORES!

EXIT

Monday October 26th - Americana/ Jungle


EXIT
AC/DC
BACK IN BLACK
SOLEIL

Blayton

26
21
3
34

HEY SOPHOMORE,

WHO'S NUMBER ONE?

SOPHOMORES!
Let's bring that Hawaiian nerd spirit tomorrow!

Juniors all the way!

Shannon Arbogast ▶ PCHS Warrior Soccer

Just now · Private Group

Tickets for Saturday Sectional Final games will be sold at practice tomorrow!! Please bring correct money and a list of who will be attending.

Like Comment

CLASS OF

Juniors are by far the best class at PCHS!

Pump, pump, pump it up!
Pump, pump, pump it up!
Pump that JUNIOR spirit up!
Keep, keep, keep it up!
Keep, keep, keep it up!
Keep that JUNIOR spirit up!
Homecoming 2020
JUNIORS #1

2022

The UPS Store

V-I-C-T-O-R-Y
THAT'S THE
SOPHOMORE BATTLE
CRY!!

LET'S HEAR IT
SOPHOMORES!

KWIKGOAL

Class of 2024 #1 ALWAYS

We're fired up We're sizzling We can't be stopped. So come on mighty Freshman and let's take it to the top!!!!! Spirit week winners here we come. Freshman Class is THE BEST!

The Class of 2022

Best Class Around

Homecoming 2020 is our year

Go JUNIORS!!

P
C
H
S

'22

Kylie Nicole
6h ago
POCAHONTAS COUNTY
WARRIORS
WARRIORS
PRECISION
611
TRANSPORTATION
CHAT

Hey freshmen, hey juniors, hey seniors, hey all.. watch the SOPHOMORES win like we did last fall!!

JUNIORS ARE #1 ALWAYS!

When you hear juniors
You know you hear the best!
When you hear J-U-N-I-O-R-S
You know we're the
best! Homecoming 2020
JUNIORS #1!

CLASS OF

We are the JUNIORS
Yell a little bit louder
We are the JUNIORS
HOMECOMING 2020 Is our week
to show the rest of the grades
how it's done.
We are the JUNIORS
That's right, that's right,
JUNIORS are the best.
Homecoming 2020 JUNIORS #1

2022

PCHS Class of 2024 THE BEST!!!!!

WARRIORS

Who has spunk
Who has grit
who has all it takes and MORE...
SOPHOMORES,
SOPHOMORES,
SOPHOMORES!!

Curran, the Dilley's, Gibson, Kesterson, Mullen & Sutton - Freshman Sponsors all know that the 9th graders are going to show some awesome school spirit!

We may be Freshmen,
But we're not shy.
You're gonna hear,
Our victory cry!
V-I-C-T-O-R-Y
Freshmen spirit is sky-high!
Freshman Class is THE BEST!

PC WARRIORS

2020 Poinsettia Sale

Help support the PCHS Girl's Basketball Team

Order now through November 12

Visit https://tinyurl.com/y23cowxv to place your order!

PCHS
271 Warrior Way
Dunmore, WV 24934

$10

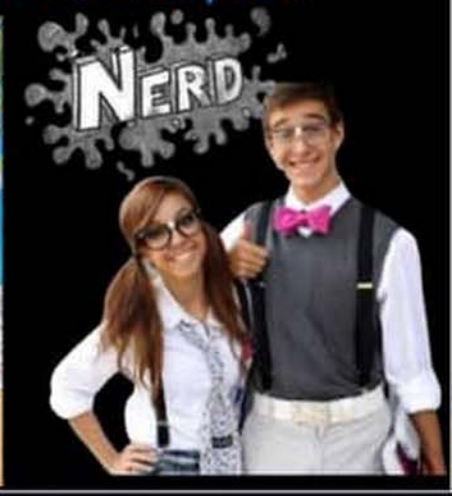
Checks payable to: PCHS

Money must be received by November 12

Questions?
Contact Chloe Bland
304-799-6564
chloe.bland@k12.wv.us

Monday October 26th - Americana/ Jungle

Tuesday October 27th - Hawaiian/Nerd



Thursday October 29th- Decade/Mismatch

Friday 30th- Maroon/Gold/Homecoming shirts or Fave Sports Team

4
66
30
78
88
72
64
5
32
82
80
76
50

10
14
74
66
25
9
44
68
86
73
34
75
64
80

Homecoming 2020 – WINNERS WILL BE, PCHS FRESHMAN CLASS OF 2024!

PCHS

Class of 2022

Juniors are red hot,
Juniors are red hot,
Juniors are red hot,
The junior class is r-e-d h-o-t.
Once we start, we can't be stopped!
Let's go, let's go Juniors to the top.
Homecoming 2020 JUNIORS #1!

We are Sophomores
We are sophomores
Watch out for what
We have in store

We'll win it all
And take some names
We've got spunk
and We've got game

We are the JUNIORS
We are the JUNIORS
The mighty, mighty JUNIORS
The mighty, mighty JUNIORS
We're gonna win SPIRIT WEEK!
We're gonna win SPIRIT WEEK!
'Cuz we are the champions,
The mighty, mighty champions!
Homecoming 2020 JUNIORS #1!

P
C
H
S

'22

Sophomore to do list:

✓ - win Spirit week

Done!

IT'S COZY AND BREEZY OUT THERE THIS FALL

AND SOPHOMORES ARE GEARING UP TO

WIN IT ALL!!

You can try all you want
but the proof is in the pudding.
Sophomores won as Freshmen
and will keep on winning!

Gooooo Sophomores!!

PCMS

RESHM
Buckle Up
Buttercup, the Class of
IS A WIN
GUARANTEE
WARRIORS
Stand United
22
SOPHOMORES

GO FRESHMAN!!

Homecoming 2020

We're
Bringin'
FRESHIE
Back!

HOMECOMING 2020

A Year Like No Other: Warriors are Overcomers

DRESS UP DAYS AND DATES:

Monday 26th
Americana/ Jungle

Tuesday 27th
Hawaiian/Nerd

Thursday 29th
Decade/Mismatch

Friday 30th
Maroon/Gold and Favorite Sports Team

SOPHOMORES

Beat freshMEN

JUNIORS &

SENIORS

Whose Got the Warrior Pride?

Freshman have that Warrior Pride!
Go Freshman!

Pocahontas County Board of Education
404 Old Buckeye Road
Buckeye, WV 24924
(304) 799-4505 Fax (304) 799-4499
Terrence C. Beam, Superintendent

October 14, 2020

To: All Parents/Guardians of Pocahontas County Students

At the October 13, 2020 Pocahontas County Board of Education meeting, it was decided that all PK-12 students may return to school for face-to-face instruction on Monday, October 26, 2020 contingent on approval from the County Health Department, which has been granted.

There are a few of stipulations that must be followed. First, all students and employees will be required to wear a face covering at any time that they cannot social distance at least six feet. Secondly, parents still have the option to only send their child to school two times a week if they choose. Also, face-to-face instruction will continue to be Monday, Tuesday, Thursday, and Friday with Wednesday being a deep-cleaning day. Next, masks must be worn on the bus at all times. Finally, all students will still be required to have their meals six feet apart since they will not be wearing masks at those times.

We understand that there will be some concern of potential cases that arise from more students attending on a daily basis. After much discussion and considering many different things, the board felt it was extremely important to get our children back in school on a more regular basis. I totally support their decision.

If you decide to continue to send your child to school only two times per week, please let the principal know in advance of October 26. Otherwise, we will assume that your children will be coming.

Students that are currently being taught through virtual schools have the option to continue doing so.

Students at Marlinton Elementary, Hillsboro Elementary, and Marlinton Middle are already transitioning into four days of face-to-face instruction. Those schools may continue the path that they are currently on.

In conclusion, 2020 has been a very trying year for many reasons. The Pocahontas County Board of Education is dedicated to educating the students of Pocahontas County while providing as much protection and safety possible. I commend them for their decision and we will work with our principals and schools to make this a successful transition.

Sincerely,

Terrence C. Beam, Superintendent
Pocahontas County Schools

We are the Freshman...
The Mighty Mighty Freshman...
Everywhere we go...people want to know...
Who we are? So we tell them!
We are the FRESHMAN, the MIGHTY MIGHTY FRESHMAN
PCHS CLASS OF 2024 - Go Freshman!!

Freshman - some think we are scared being the "newbies" at PCHS.

WRONG

We have the heart of a WARRIOR

Young and MIGHTY!

Class of 2024 #1

PCHS Homecoming 2020

SOCIAL DISTANCING SINCE 1863

"YOU STAY IN YOUR HOLLER AND I'LL STAY IN MINE"

Warriors Honor the

class of 95

25 YEARS

Homecoming 2020

A year like no other.

Warriors are Overcomers!

HOME OF THE WILDCATS
10
14
74
66
58
6
34
2

Homecoming Court - 2020

Freshman Attendants – Bransen Gordon & Hannah Burks

Sophomore Attendants – Waylon Lucabaugh & Haley Spencer

Junior Attendants – Sean Beverage & Rayna Smith

Senior Attendants – Wyatt Foe & Sienna Bircher

Senior Homecoming Court Candidates
- Keaton Baldwin, Ty Cochran & Jacob Davis
- Chloe Hardesty, Jennalee Meck & Kinley Taylor

POCAHONTAS COUNTY SCHOOLS
On School Grounds October 2020 Breakfast and Lunch Menu
National School Lunch Week – October 12-16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Meal pick-up at Green Bank Elementary-Middle, Hillsboro Elementary, & Marlinton Elementary for blended & all virtual learning students. Time to be determined	1 **Zuccini Bread** **Cheese Stick** **Fruit** **Milk** Popcorn chicken French Fries Green Banes Fruit Roll Milk	2 **Sausage Pancake on a Stick** **Fruit** **Milk** Rose's Beef Burrito w/Sour Cream & Lettuce Black Beans Corn Fruit Milk
5 **usage & Cheese Croissant** **Yogurt** **Juice** Pizza Peas Sweet Potato Fries Frozen Juice Cup Milk	6 **Biscuits & Gravy** **Strawberry Cup** **Milk** Teriyaki Chicken Brown Rice Broccoli Dessert Roll Milk	7 Meal pick-up at Green Bank Elementary-Middle, Hillsboro Elementary, & Marlinton Elementary for blended & all virtual learning students. Time to be determined	8 **Poptart** **Yogurt** **Fruit** **Milk** Cheeseburger French Fries Green Beans Orange Slices Milk	9 **Cereal** **Banana** **Juice** **Milk** Meatball Sub w/Mozzarella Cheese Mixed Vegetables Beans Fruit Milk
12 **Blueberry Muffin** **Applesauce** **Cheesestick** **Milk** Philly Steak Sandwich w/Mozzarella Corn Fruit Milk	13 **Sausage Pancake on a Stick w/Syrup** **Fruit** **Milk** Salisbury Steak Mashed Potatoes Green Beans Fruit Roll	14 Meal pick-up at Green Bank Elementary-Middle, Hillsboro Elementary, & Marlinton Elementary for blended & all virtual learning students. Time to be determined	15 **Sausage & Egg Biscuit** **Fruit** **Milk** Chicken Fajita Fresh Broccoli Baked Beans Chef's Dessert Fruit Milk	16 Faculty Senate Day Pepperoni Roll macaroni & cheese mixed vegetables Fruit Milk
19 **Breakfast Pizza** **Fruit** **Milk** Biscuits & Gravy Scrambled Eggs Hashbrowns Green Beans Fruit Milk	20 **French Toast Sticks w/Syrup** **Fruit** **Milk** Pulled Pork Sandwich Corn French Fries Applesauce Cookie Milk	21 Meal pick-up at Green Bank Elementary-Middle, Hillsboro Elementary, & Marlinton Elementary for blended & all virtual learning students. Time to be determined	22 **Cereal** **Banana** **Milk** **Juice** Bacon & Cheese Eggs Hash Browns Carrot Sticks Fruit Milk	23 **Egg & Cheese To Go** **Fruit** **Milk** Pork Chop Sandwich Carrots w/Ranch French Fries Fruit Milk
26 **Pancakes w/Syrup** **Yogurt** **Fruit** **Milk** Pizza Broccoli French Fries Fruit Milk	27 **Egg & cheese Croissant** **Fruit** **Milk** Pepperoni Roll Macaroni Salad Carrots w/Ranch Fruit Cheese Stick Milk	28 Meal pick-up at Green Bank Elementary-Middle, Hillsboro Elementary, & Marlinton Elementary for blended & all virtual learning students. Time to be determined	29 **Banana Bread** **Yogurt** **Milk** Salisbury Steak Mashed Potatoes Green Beans Fruit Roll Milk	30 **Cheese & Sausage Biscuit** **Fruit** **Milk** Chicken Burrito Mexican Corn Romaine Salad w/Tomato & Ranch Fruit Milk

For breakfast milk and yogurt offered daily.
For lunch milk and fresh fruit offered daily.

HOMECOMING 2020

A Year Like No Other: Warriors are Overcomers

DRESS UP DAYS AND DATES:

Monday 19th and Thursday 22-
Americana/ Jungle

Tuesday 20th and Friday 23rd-
Hawaiian/Nerd

Monday 26 and Thursday 29th-
Decade/Mismatch

Tuesday 27th and Friday 30th-
Maroon/Gold and Favorite Sports Team

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PCHS

Full Remote with no In Person Instruction

10/7/20

This schedule is if we go full remote with no In Person instruction because of COVID. You can meet with all your students twice per week. You do not have to instruct the entire time. Also remember they will need down time to work on projects that are not computer based.

Monday & Thursday

11:30-12:30	**1st Period**
12:30 – 1:30	**2nd Period**
1:30 – 2:30	**3rd Period**
2:30 – 3:30	**4th Period**

Tuesday & Friday

12:30 – 1:30	**5th Period**
1:30 – 2:30	**6th Period**
2:30 – 3:30	**7th Period**

Wednesday

Wednesday COVID Schedule instructing half day planning and meeting Half day allotted by the COVID Schedule

This can be office hours or ZOOM meetings

1st block	**8:00-8:30**
2nd block	**8:30-9:00**
3rd block	**9:00-9:30**
4th block	**9:30-10:00**
5th block	**10:00-10:30**
6th block	**10:30-11:00**
7th block	**11:00-11:30**

WEST VIRGINIA HIGH SCHOOL & JUNIOR HIGH

RODEO

SATURDAY, OCTOBER 17, 2020 @1:00 PM AND SUNDAY, OCTOBER 18, 2020 @12 :00 PM

Saturday's Performance will be a pink out in honor of Breast Cancer Awareness month, be sure to wear your pink.

Rodeo Events

- Dummy Roping
- Mutton Busting
- Calf Riding
- Bareback Steer
- Pole Bending
- Barrel Racing
- Ribbon Roping
- Break-Away
- Team Roping
- Goat Tying
- Bull Riding

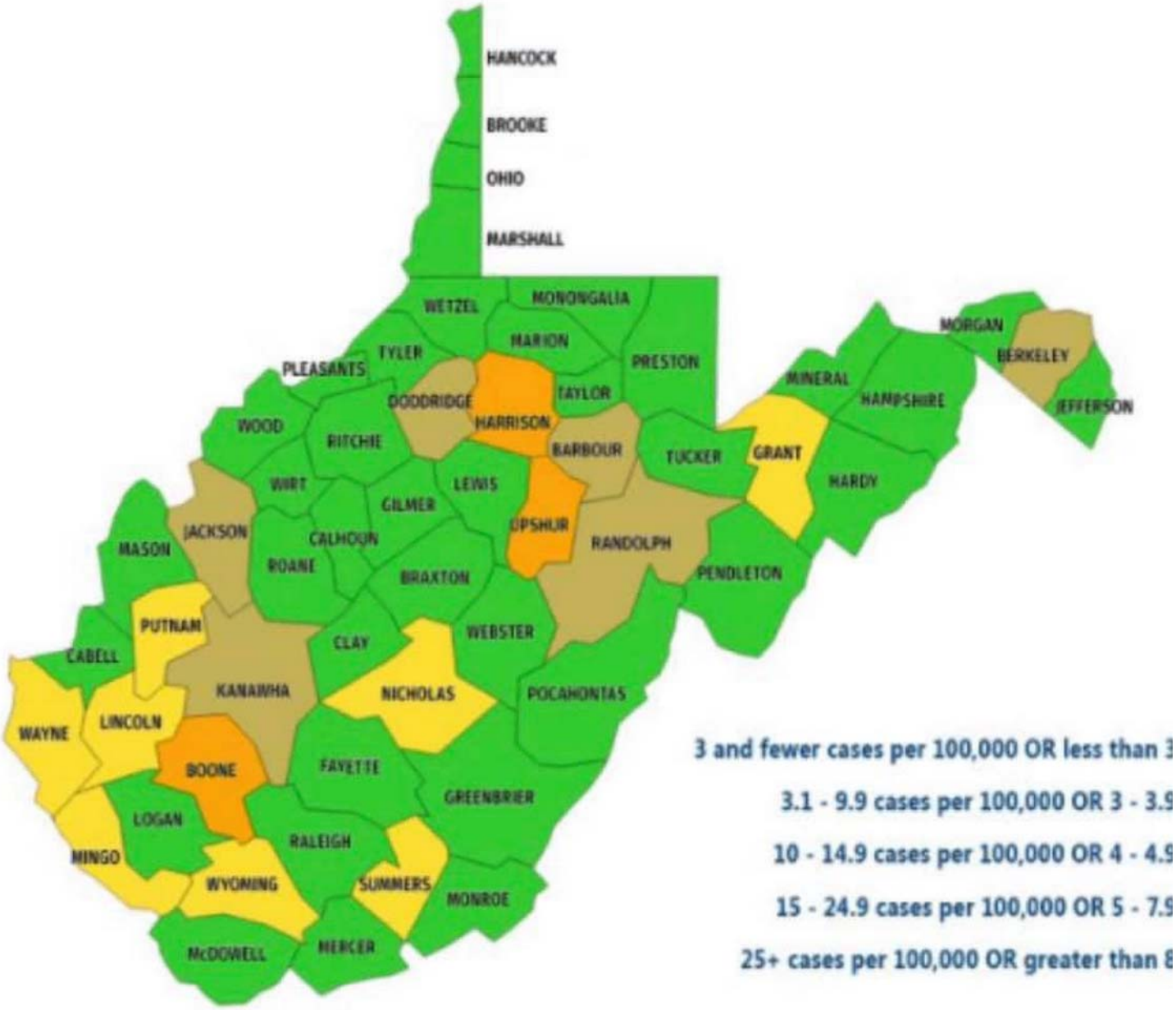
Concessions will be available

Be sure to stop by our Silent Auction table and check out the items up for bid

WV High School Rodeo Association

Marlinton Rodeo

300 Second Ave., Marlinton WV(next to the Frankford Vet office)


HANCOCK
BROOKE
OHIO
MARSHALL
WETZEL
MONONGALIA
MARION
PRESTON
TYLER
PLEASANTS
DODDRIDGE
HARRISON
TAYLOR
WOOD
RITCHIE
BARBOUR
TUCKER
WIRT
LEWIS
GILMER
UPSHUR
JACKSON
CALHOUN
ROANE
BRAXTON
RANDOLPH
MASON
PUTNAM
CLAY
WEBSTER
CABELL
KANAWHA
NICHOLAS
POCAHONTAS
WAYNE
LINCOLN
BOONE
FAYETTE
GREENBRIER
LOGAN
RALEIGH
MINGO
WYOMING
SUMMERS
MONROE
McDOWELL
MERCER
MORGAN
BERKELEY
JEFFERSON
MINERAL
HAMPSHIRE
GRANT
HARDY
PENDLETON
3 and fewer cases per 100,000 OR less than 3
3.1 - 9.9 cases per 100,000 OR 3 - 3.9
10 - 14.9 cases per 100,000 OR 4 - 4.9
15 - 24.9 cases per 100,000 OR 5 - 7.9
25+ cases per 100,000 OR greater than 8

*Name: _____

*PCHS Student's Name & 1st period that shirt will be delivered to:

_____

*Color: Circle one

GREEN RED YELLOW BLUE

*Size: Circle One

S

M

L

XL

2XL

3XL

Please send $10.00 for the t-shirt to school on Monday, October 5th or Thursday October 8th. Money & form must come to school with the student placing the order on the day they attend (Monday/Thursday). We will not personalize these shirts.

Thanks for supporting PCHS Homecoming Committee

PCHS Homecoming 2020

SOCIAL DISTANCING SINCE 1863

"YOU STAY IN YOUR HOLLER AND I'LL STAY IN MINE"

PCHS Homecoming 2020

SOCIAL DISTANCING SINCE 1863

"YOU STAY IN YOUR HOLLER AND I'LL STAY IN MINE"

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Decade/Mismatch

Tuesday 27th and Friday 30th-
Maroon/Gold and Favorite Sports Team

PCHS Homecoming 2020

SOCIAL DISTANCING SINCE 1863

"YOU STAY IN YOUR HOLLER AND I'LL STAY IN MINE"

57
75
58
40

40

JOHNSON

CLASS OF 2021

WARRIORS
10

SmartFind Express Password Notification

N **noreply_sesc@sfesubsystem.c...** 6:36 AM
To You ...

[EXTERNAL SENDER]: Do not click links, open attachments or reply to this email unless you recognize the sender and know the content is safe.

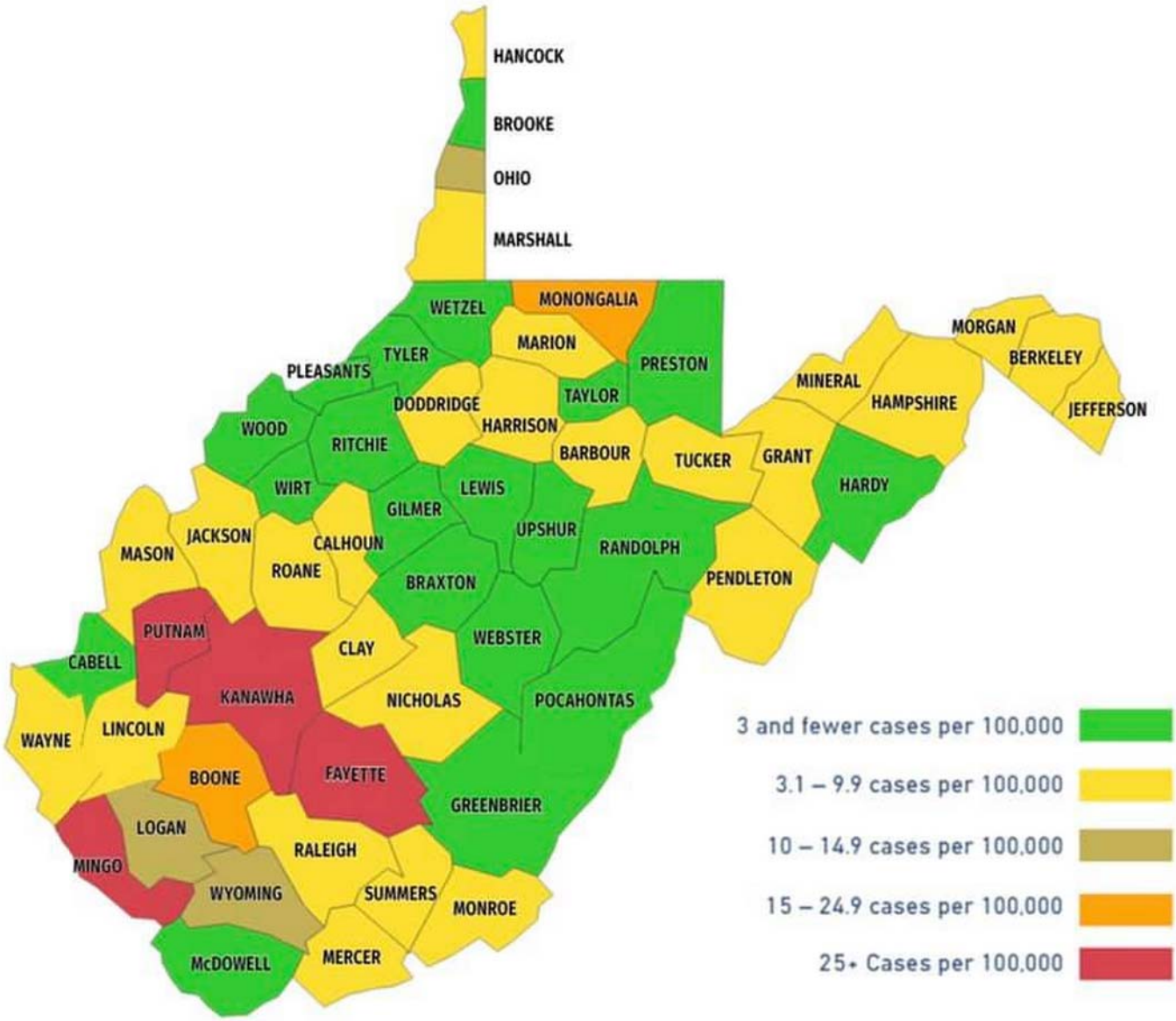
Dear [redacted]

Your password will expire in 10 days:

Please reset your password by logging in to SFE by clicking on
https://sesc.eschoolsolutions.com/redirectAction.do?redirectTo=profileModifyInitAction.do .
You can also use the Forgot Password Link
on the Login page, in case you have forgotten your password.

Please do not respond to this message. It is an automated e-mail generated by the system.
Contact your SmartFindExpress system administrator if you have additional questions.

School Alert System



SADDLE
SloneSaddles.com

RAM
RAMTRUCKS.COM
SILVERSMITHS

3 or FEWER CASES of INFECTION PER 100,000 or 3% OR LESS POSITIVITY RATE

(on a 7-day rolling average)

Instruction

- Continue best health practices to prevent the spread of disease as outlined in the WVDE Re-entry Toolkit which can be found **here**.
- Limit activities where social distancing is not feasible.
- Engage community to actively participate in continued mitigation.

Face Covering Requirements

- Require face coverings* for grades 3 and above on buses and in congregant settings (outside of core groups) where social distancing cannot be maintained.

Athletic & Extra-curricular Activity Guidance

- Athletic and extra-curricular activities permit immediate household family members and grandparents.
- According to WVSSAC guidelines cheerleaders and bands may participate at home games.

Thursday Schedule (in person)

1st 8:55 - 10:25

2nd 10:30 - 12:05

1st Lunch 11:10-11:40

2nd Lunch 12:05 - 12:35

3rd 12:40 - 2:10

4th 2:15 - 3:05

Friday Schedule (in person)

5th 8:55 - 10:25

6th 10:30 - 12:05

1st Lunch 11:10-11:40

2nd Lunch 12:05 - 12:35

7th 12:40 - 2:10

4th 2:15 - 3:05

Monday's Schedule (remote)

- You will focus on classwork for 1, 2, 3 and 4th Periods. The teachers will assign you this work on Thursday when you are there in person. Work will be due the following Thursday when you return to school.

Tuesday's Schedule (remote)

- You will focus on classwork for 5, 6, 7 and 4th Periods. The teachers will assign you this work on Friday when you are there in person. Work will be due the following Friday when you return to school.

Wednesday Schedule (remote)

Teachers are available these time periods if you need extra help, you can reach them through Teams on the internet or through a phone number, your teachers will provide you with this number.

1st block8:00-8:30
2nd block8:30-9:00
3rd block9:00-9:30
4th block9:30-10:00
5th block10:00-10:30
6th block10:30-11:00
7th block11:00-11:30

You will be working on class assignments for all periods this day that the teachers have assigned you.

Guide for Spectators at Athletic Contests

If Home Team Is	And Visiting Team Is	Spectator Limits
Green	Green	Both teams – Immediate family household and coaches' spouses
Green	Yellow	Home team– Immediate family household and coaches' spouses Visiting Team– Parents only and coaches' spouses
Yellow	Green	Both teams – Parents only and coaches' spouses
Yellow	Yellow	Both teams – Parents only and coaches' spouses

WVSSAC RECOMMENDATIONS FOR ATTENDANCE AT EXTRACURRICULAR ACTIVITIES

Sport	Number of Spectators Allowed*	Face Covering Requirement for Spectators
Golf	Green and Yellow – Immediate household members only of athletes and coaches	Yes, if cannot maintain social distancing
Cross Country	Green and Yellow – Immediate household members only of athletes and coaches	Yes, if cannot maintain social distancing
Soccer	Green – Immediate household members only of athletes and coaches Yellow – parents of athletes and coaches' spouses only	Yes, if cannot maintain social distancing
Football	Green – Immediate household members only of athletes and coaches Yellow – Parents of athletes and coaches' spouses only	Yes, if cannot maintain social distancing
Volleyball	Green – Immediate household members only of athletes and coaches Yellow – Parents of athletes and coaches' spouses only	Yes
Cheer	Green – Immediate household members only of athletes and coaches Yellow – Parents of athletes and coaches' spouses only	Yes

*Note – In Red and Orange levels, extracurricular contests are not allowed.

*Note – The attendance guidelines will be revisited after week 2.

Other Recommendations

- Schools should honor WVSSAC Administrative C&I cards only (No coaching or county passes should be accepted).
- Schools should develop a system for ticket pre-sales. Assigned seating is suggested.
- Schools should work with local health departments to determine best practices for concession sales.
- Schools should provide separate entrances for home and visitor spectators when possible.
- Schools should provide separate restrooms for home and visitor spectators when possible.
- Schools should honor media with appropriate WVSSAC credentials. Press box should be limited to essential personnel.
- Schools should make frequent announcements regarding social distancing and face coverings.
- Social distancing should be maintained at all times.

Monday Schedule (in person)

1st 8:55 - 10:25

2nd 10:30 - 12:05

1st Lunch 11:10-11:40

2nd Lunch 12:05 - 12:35

3rd 12:40 - 2:10

4th 2:15 - 3:05

Tuesday Schedule (in person)

5th 8:55 - 10:25

6th 10:30 - 12:05

1st Lunch 11:10-11:40

2nd Lunch 12:05 - 12:35

7th 12:40 - 2:10

4th 2:15 - 3:05

Wednesday Schedule (remote)

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2nd block8:30-9:00
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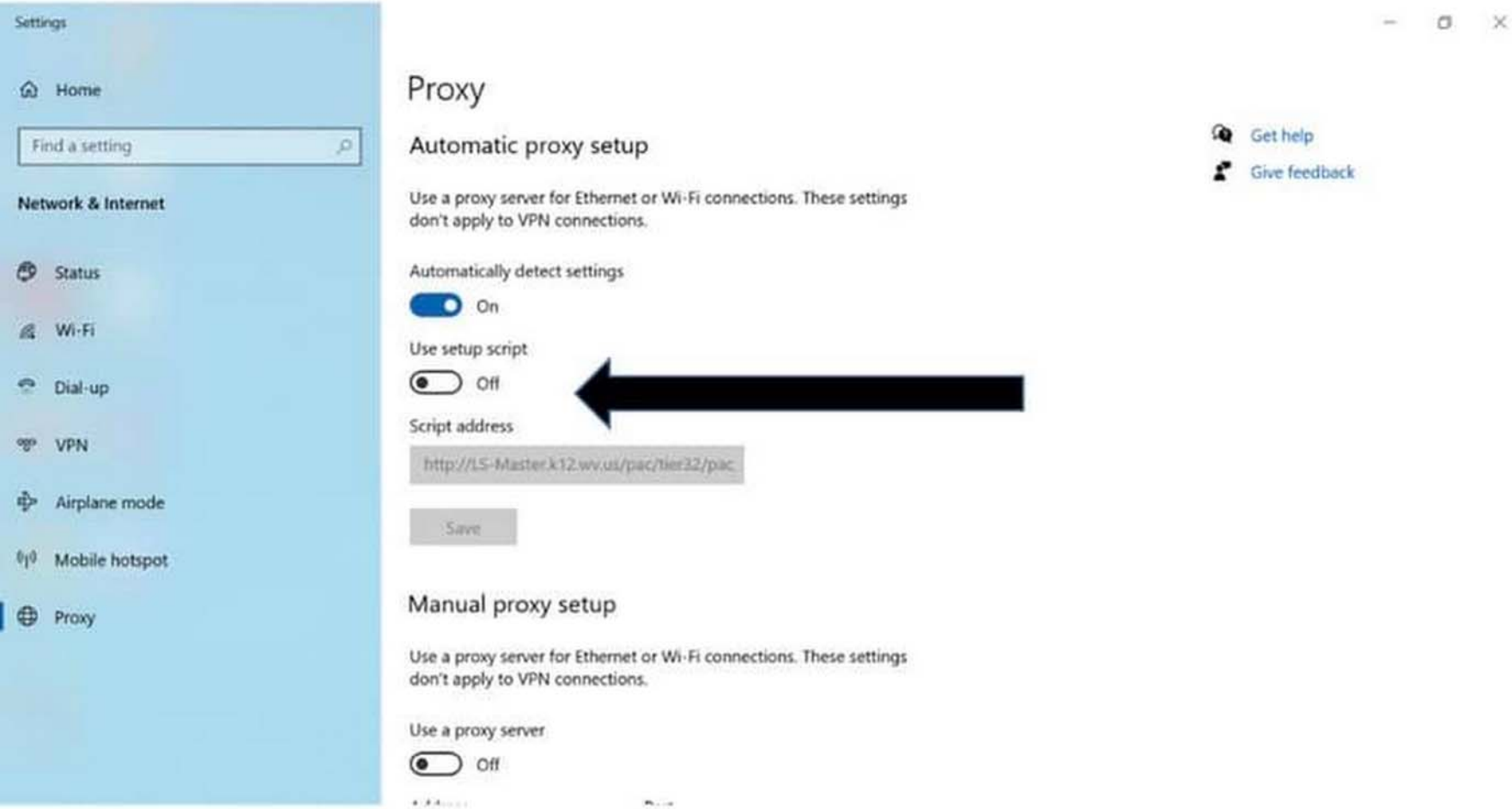

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Class of 1984
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WARRIORS
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Full Remote - If at any time we enter remote learning for any length of time this will be your schedule. Your schedule will follow the same type of schedule you have when in person learning. You will be required to join your team class at the class time listed below, attendance will be taken. You will be having classes remotely just as if you were in school. Teachers will give you a number you can call to listen to class and interact with the teacher if you do not have internet.

Monday

1st 8:55 - 10:25

2nd 10:30 - 12:05

3rd 12:40 - 2:10

4th 2:15 - 3:05

Tuesday

5th 8:55 - 10:25

6th 10:30 - 12:05

7th 12:40 - 2:10

4th 2:15 - 3:05

Wednesday

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3rd block9:00-9:30
4th block9:30-10:00
5th block10:00-10:30
6th block10:30-11:00
7th block11:00-11:30

Thursday

1st 8:55 - 10:25

2nd 10:30 - 12:05

3rd 12:40 - 2:10

4th 2:15 - 3:05

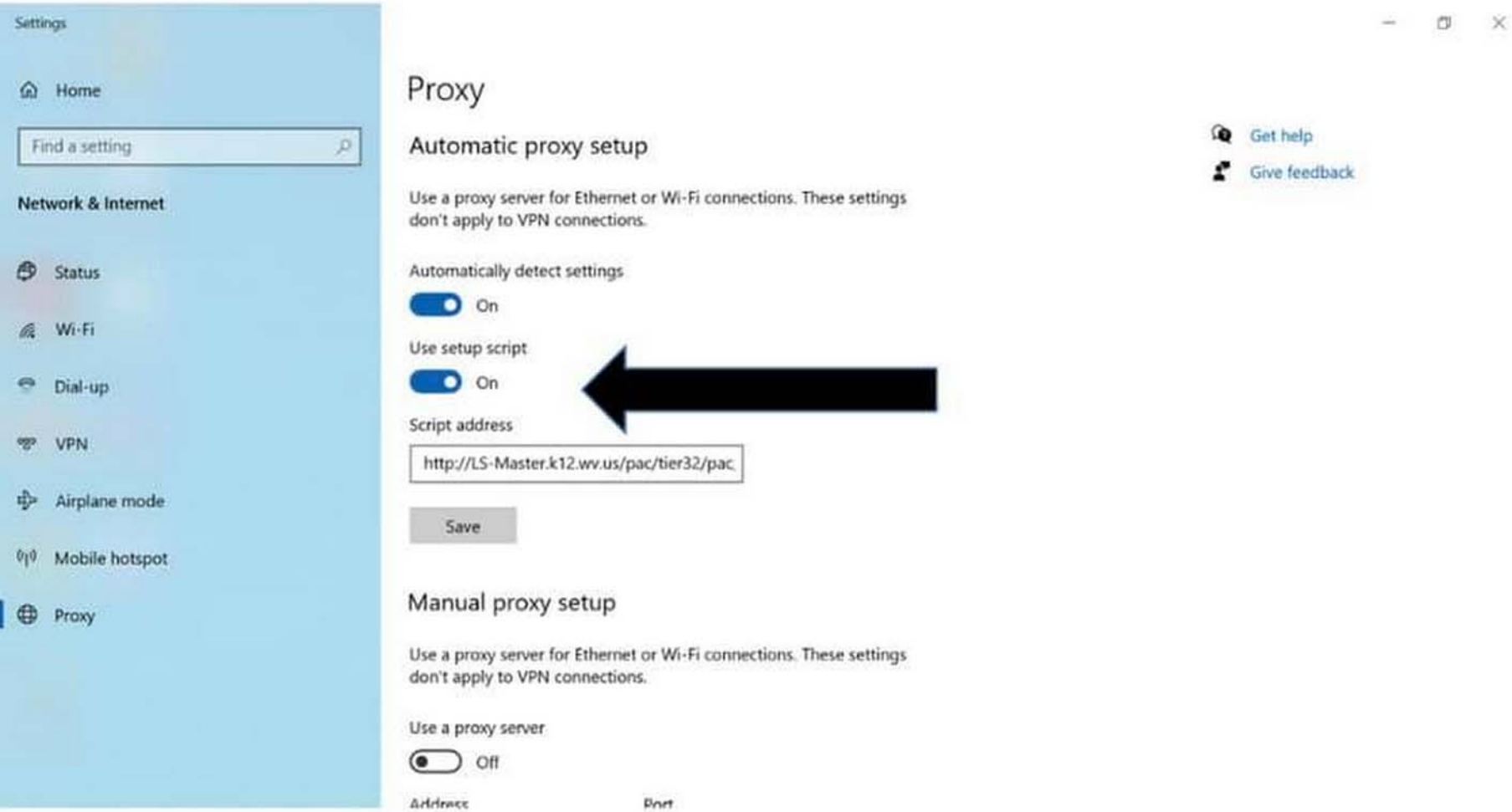
Friday

5th 8:55 - 10:25

6th 10:30 - 12:05

7th 12:40 - 2:10

4th 2:15 - 3:05



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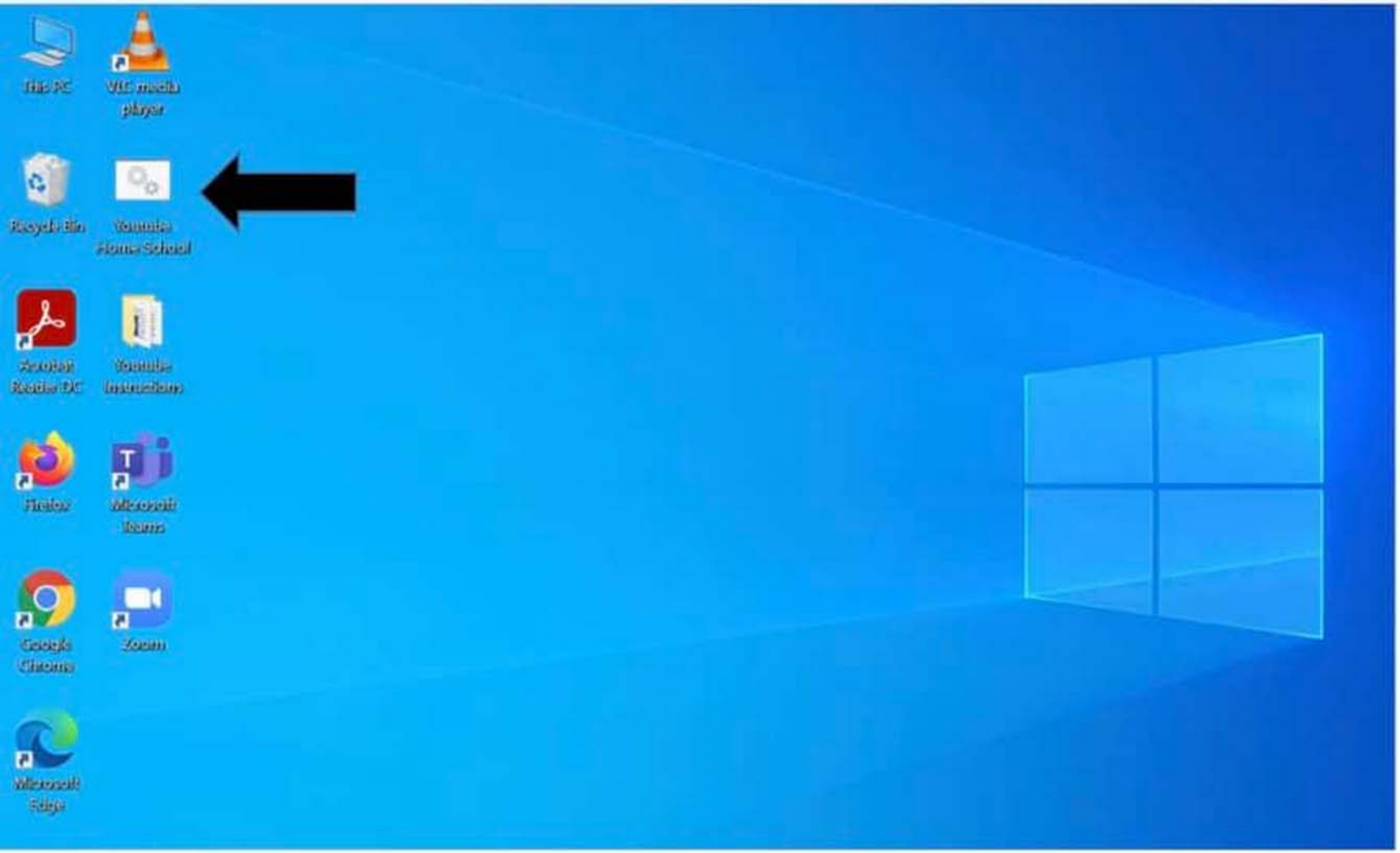
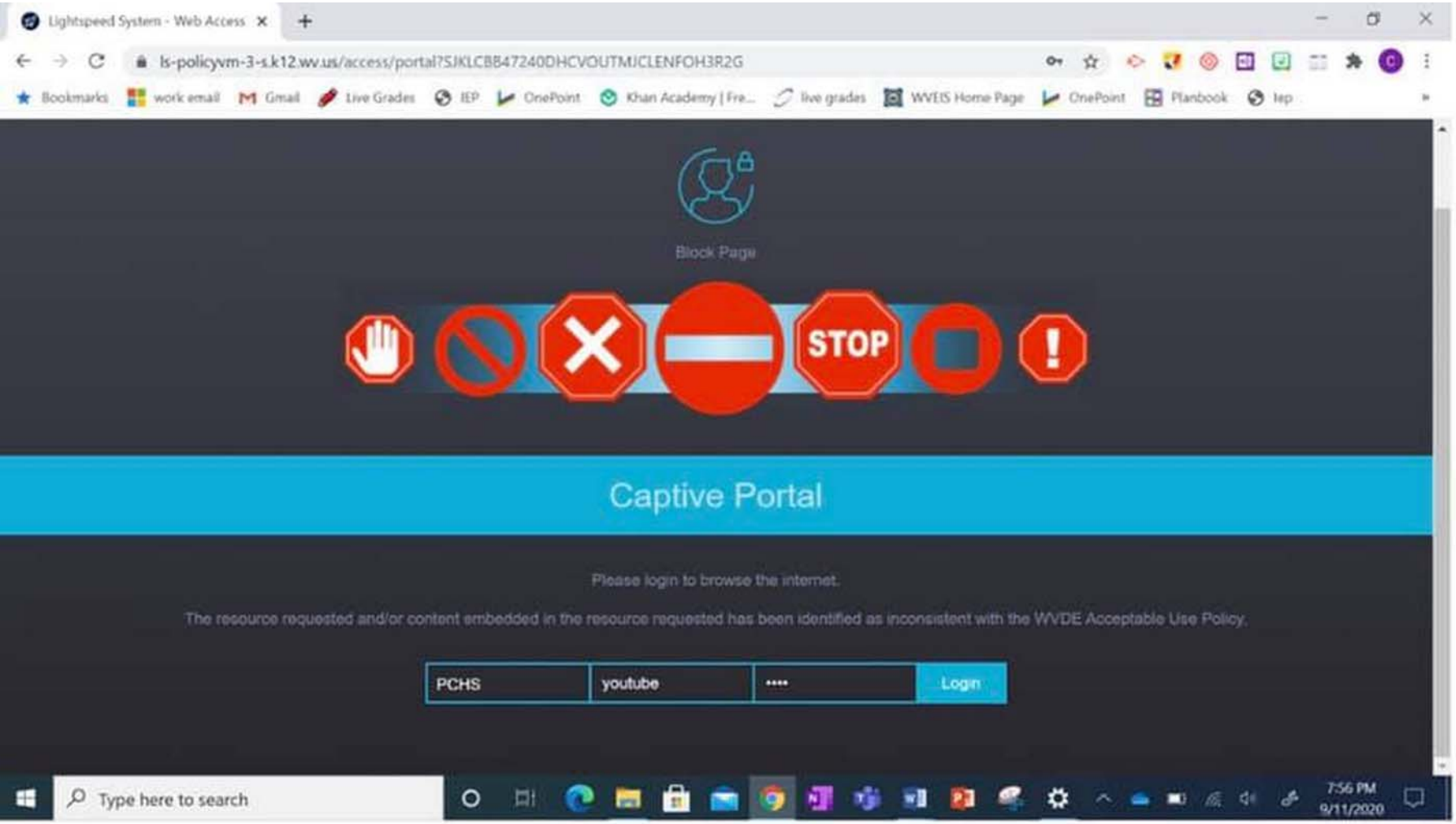
WARRIORS



On your desktop, click the youtube home school



If you see this page, you need to click PCHS, username is: youtube and the password is: @pchs
This shouldn't appear if you have the home settings on, after this is done you can view videos needed for class.

Monday Schedule (in person)

1st 8:55 – 10:25

2nd 10:30 – 12:05

1st Lunch 11:10-11:40

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TUCKER
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4th block9:30-10:00
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6th block10:30-11:00
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Thursday	**Friday**
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Thursday	**Friday**
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2nd 10:30 - 12:05	6th 10:30 - 12:05
3rd 12:40 - 2:10	7th 12:40 - 2:10
4th 2:15 - 3:05	4th 2:15 - 3:05

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PCHS 2020-2021

COVID Lunch Shifts

8/30/20

Monday / Tuesday Shifts

1st Lunch Monday – Out of 2nd Period S. Mann, Jonese, Poppe Arbogast, Bland, Boyette Himelrick, Hrabina, Workman Librarian, R. Mann Kesterson, Groseclose	**2nd Lunch Monday – Out of 2nd Period** Nail, Sutton, Griffith, L. Dilley Pugh, J. Dilley, Curran, D. Chestnut Berry, Mullen, Kerr, Garber, Gibson Nelson, Rittenhouse, Brown Mason, Donna Gragg
1st Lunch Tuesday – Out of 6th Period S. Mann, Jonese, Poppe Bland, Boyette, Hrabina, Workman Librarian, R. Mann, Kesterson Groseclose, Curran, Arbogast Himelrick, Mason, D.Chestnut	**2nd Lunch Tuesday – Out of 6th Period** Nail, Sutton, Griffith, Pugh, J. Dilley, Berry, Mullen Kerr, Garber, Gibson Nelson, Rittenhouse, Brown Donna Gragg

POCAHONTAS COUNTY HIGH SCHOOL

BSN Our Team. Our Gear.

Welcome to My Team Shop for:
SPIRIT SHOP

Find items that have been picked out specifically for Warrior Fan Gear. There is spirit-wear available for your family and friends. Check out the shop details below.

Shop Opens:	Shop Closes:
September 08	September 15

Use this access code to shop our gear.

0S4WQu1deD

SHOP NOW! ▸

PCHS

Wednesday Schedule for COVID

8/31/20

<u>This can be office hours or ZOOM meetings</u>

1st block 8:00-8:30

2nd block 8:30-9:00

3rd block 9:00-9:30

4th block 9:30-10:00

5th block 10:00-10:30

6th block 10:30-11:00

7th block 11:00-11:30

Lunch 11:30-12:00

Curriculum Planning, Collaboration and Meetings 12:00-3:30

PCHS

Daily Schedule During COVID

8/31/20

Beginning First Block 8:30-8:55

Time to get into class and eat breakfast with all sanitation

(1st) (5th) Block 8:55-10:25

(2nd) (6th) Block

10:30-11:10 First Lunch 11:10-11:40 11:45- 12:35	10:30-12:05 Second Lunch 12:05-12:35

(3rd) (7th) Block 12:40- 2:10

4th (both days) Block 2:15-3:05

Will begin dismissing for buses at 3:05

PCHS

Full Remote with no In Person Instruction

8/31/20

This schedule is if we go full remote with no In Person instruction because of COVID. You can meet with all your students twice per week. Keep in mind that they will still need time within the instruction time to complete work and projects. You do not have to instruct the entire time. Also remember they will need down time to work on projects that are not computer based.

Monday

Instruct all students in blocks 1-4 in the time allotted by the COVID Schedule

Tuesday

Instruct all students in blocks 4-7 in the time allotted by the COVID Schedule

Wednesday

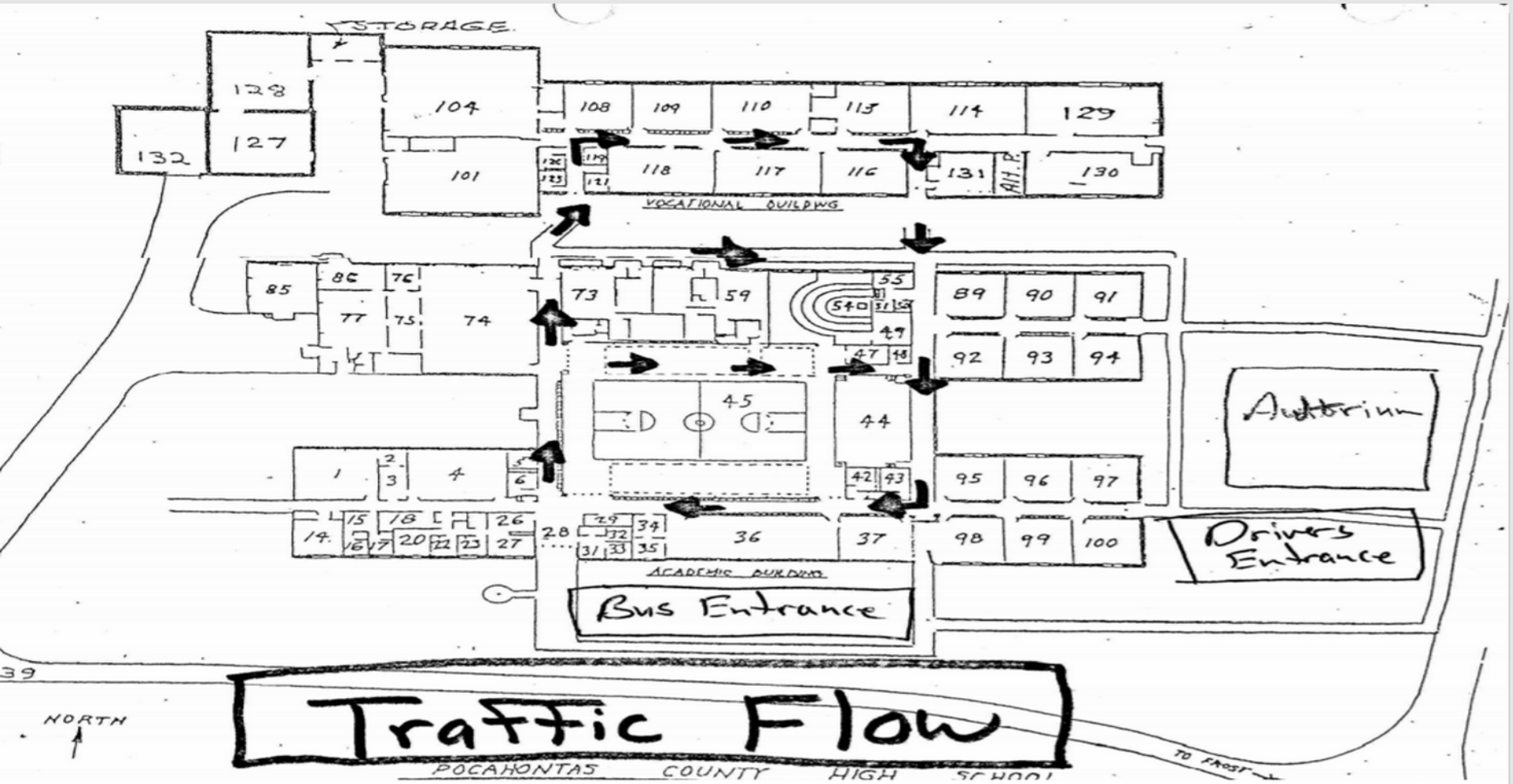
Wednesday COVID Schedule instructing half day planning and meeting Half day

Thursday

Instruct all students in blocks 1-4 in the time allotted by the COVID Schedule

Friday

Instruct all students in blocks 4-7 in the time allotted by the COVID Schedule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ACADEMIC BUILDING
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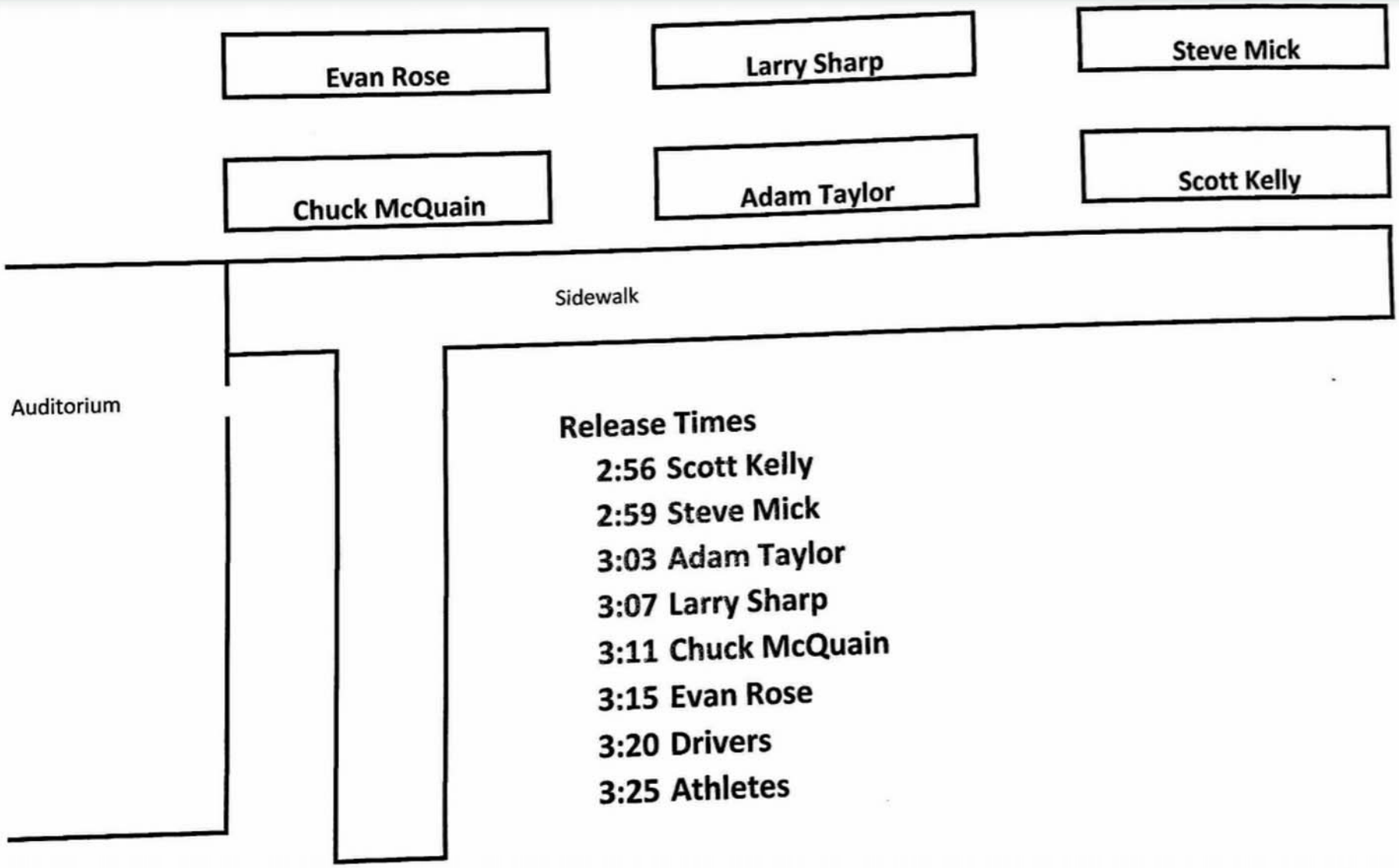
TO FROST
POCAHONTAS COUNTY HIGH SCHOOL



Release Times

- 2:56 Scott Kelly
- 2:59 Steve Mick
- 3:03 Adam Taylor
- 3:07 Larry Sharp
- 3:11 Chuck McQuain
- 3:15 Evan Rose
- 3:20 Drivers
- 3:25 Athletes

Thursday / Friday Shifts

1st Lunch Thursday – Out of 2nd Period S. Mann, Jonese, Poppe Arbogast, Bland, Boyette Himelrick, Hrabina, Workman Librarian, R. Mann Kesterson, Groseclose	**2nd Lunch Thursday – Out of 2nd Period** Nail, Sutton, Griffith, L. Dilley Pugh, J. Dilley, Curran, D. Chestnut Berry, Mullen, Kerr, Garber, Gibson, Nelson, Rittenhouse Brown, Mason,
1st Lunch Friday – Out of 6th Period S. Mann, Jonese, Poppe Bland, Boyette, Hrabina, Workman Librarian, R. Mann, Kesterson Groseclose, Curran, Arbogast Himelrick, Mason, D. Chestnut	**2nd Lunch Friday – Out of 6th Period** Nail, Sutton, Griffith, Pugh, J. Dilley, Berry, Mullen Kerr, Garber, Gibson Nelson, Rittenhouse, Brown

POCAHONTAS

PCHS

Master Plan

8/31/20

Monday	Tuesday	Wednesday	Thursday	Friday
		Group A-L		
In person classes blocks 1-4 (half of 4th)	In person classes blocks 4-7 (half of 4th)	Small Project or lesson working remotely. Can hold class or contact during posted hours.	Remote Project or lesson for blocks 1-4	Remote Project or lesson for blocks 5-7
		Group M-Z		
Remote Project or lesson for blocks 1-4	Remote Project or lesson for blocks 5-7	Small Project or lesson working remotely. Can hold class or contact during posted hours.	In person classes blocks 1-4 (half of 4th)	In person classes blocks 4-7 (half of 4th)

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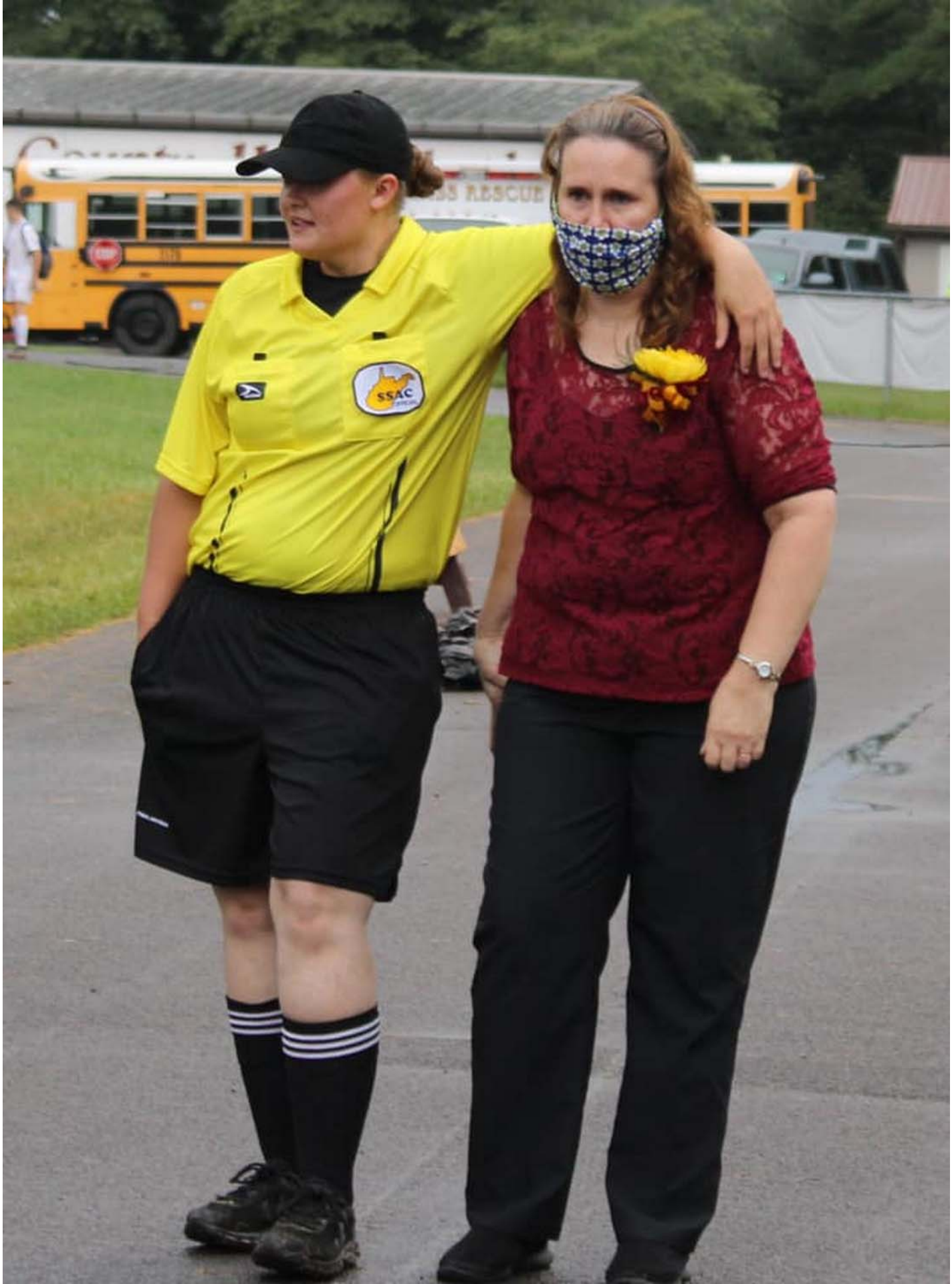
SSAC

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Guide for Spectators at Athletic Contests

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Yellow	Green	Both teams – Parents only and coaches' spouses
Yellow	Yellow	Both teams – Parents only and coaches' spouses

WVSSAC RECOMMENDATIONS FOR ATTENDANCE AT EXTRACURRICULAR ACTIVITIES

Sport	Number of Spectators Allowed*	Face Covering Requirement for Spectators
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Cross Country	Green and Yellow – Immediate household members only of athletes and coaches	Yes, if cannot maintain social distancing
Soccer	Green – Immediate household members only of athletes and coaches Yellow – parents of athletes and coaches' spouses only	Yes, if cannot maintain social distancing
Football	Green – Immediate household members only of athletes and coaches Yellow – Parents of athletes and coaches' spouses only	Yes, if cannot maintain social distancing
Volleyball	Green – Immediate household members only of athletes and coaches Yellow – Parents of athletes and coaches' spouses only	Yes
Cheer	Green – Immediate household members only of athletes and coaches Yellow – Parents of athletes and coaches' spouses only	Yes

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*Note – The attendance guidelines will be revisited after week 2.

Other Recommendations

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- Social distancing should be maintained at all times.

POCAHONTAS COUNTY Senior Golf Schedule Events

1	08/18/20	4:00PM	A -	TYGARTS VALLEY @ THE RAVEN	-
2	08/19/20	4:00PM	A -	MIDLAND TRAIL @ BRIDGE HAVEN	-
3	08/24/20	4:00PM	A -	PENDLETON @ FISHER MOUNTAIN GOLF CLUB	-
4	08/26/20	4:00PM	A -	RICHWOOD @ PIPESTEM	-
5	08/31/20	4:00PM	A -	RICHWOOD @ CHERRY HILL	-
6	09/02/20	4:00PM	A -	MIDLAND TRAIL @ BRIDGE HAVEN	-
7	09/10/20	4:00PM	H -	POCAHONTAS COUNTY COUNTRY CLUB	-
8	09/15/20	4:00PM	A -	RICHWOOD @ PIPESTEM	-
9	09/17/20	4:00PM	H -	POCAHONTAS COUNTY COUNTRY CLUB	-
10	09/22/20	10:00AM	A -	PVC'S @ THE RAVEN	-
11	09/28/20	8:30AM	A -	REGIONALS @ PIPESTEM	-
12	10/06/20	TBAPM	A -	STATE GOLF TOURNAMENT, OGLEBAY	-
13	10/07/20	TBAPM	A -	STATE GOLF TOURNAMENT, OGLEBAY	-

wins: 0 lost: 0 ties: 0

POCAHONTAS COUNTY **Senior Football Schedule** Events

1	08/28/20			OPEN	-
2	09/04/20	7:00PM	A -	MOOREFIELD	-
3	09/11/20	7:00PM	A -	TUCKER COUNTY	-
4	09/18/20	7:00PM	H -	PETERSBURG	-
5	09/25/20	7:00PM	A -	RICHWOOD	-
6	10/02/20	7:00PM	H -	EAST HARDY	-
7	10/09/20	7:00PM	H -	GREENBRIER WEST	-
8	10/16/20	7:00PM	A -	PENDLETON COUNTY	-
9	10/23/20	7:00PM	A -	SUMMERS COUNTY HIGH SCHOOL	-
10	10/30/20	7:00PM	H -	TYGARTS VALLEY MIDDLE/SENIOR HIGH	-
11	11/06/20	7:00PM	H -	MIDLAND TRAIL HIGH SCHOOL	-

wins: 0 lost: 0 ties: 0

Aug. 28th Scrimmage @ PCHS vs. James Monroe, 6:00 p.m.

POCAHONTAS COUNTY **Senior Soccer(G) Schedule** Events

1	09/03/20	5:00PM	H -	SHADY SPRING	-
2	09/08/20	TBAPM	A -	PCHS VS. CHARLESTON CATHOLIC @ BECKLEY COMPLEX,TBA	-
3	09/10/20	5:00PM	A -	JAMES MONROE	-
4	09/14/20	5:00PM	H -	WEBSTER COUNTY HIGH SCHOOL	-
5	09/19/20	11:00AM	A -	HERBERT HOOVER	-
6	09/22/20	5:00PM	H -	PETERSBURG	-
7	09/23/20	7:00PM	A -	MIDLAND TRAIL HIGH SCHOOL	-
8	09/28/20	5:00PM	A -	SHADY SPRING	-
9	09/30/20	5:00PM	A -	PETERSBURG	-
10	10/03/20	11:00AM	A -	BRAXTON COUNTY	-
11	10/08/20	5:00PM	H -	JAMES MONROE	-
12	10/13/20	7:00PM	A -	WEBSTER COUNTY HIGH SCHOOL	-
13	10/15/20	7:00PM	A -	PIKEVIEW	-

wins: 0 lost: 0 ties: 0

Aug. 29th Scrimmage @ Philip Barbour,
10:00 Am.

POCAHONTAS COUNTY Senior Soccer(B) Schedule Events

1	09/03/20	7:00PM	H -	SHADY SPRING	-
2	09/08/20	TBAPM	A -	PCHS VS. INDEPENDENCE @ BECKLEY COMPLEX, TBA	-
3	09/10/20	7:00PM	A -	JAMES MONROE	-
4	09/14/20	7:00PM	H -	WEBSTER COUNTY HIGH SCHOOL	-
5	09/16/20	5:00PM	A -	PENDLETON COUNTY	-
6	09/19/20	1:00PM	A -	HERBERT HOOVER	-
7	09/22/20	7:00PM	H -	PETERSBURG	-
8	09/23/20	5:00PM	A -	MIDLAND TRAIL HIGH SCHOOL	-
9	09/28/20	7:00PM	A -	SHADY SPRING	-
10	09/30/20	7:00PM	A -	PETERSBURG	-
11	10/01/20	5:00PM	H -	PENDLETON COUNTY	-
12	10/03/20	1:00PM	A -	BRAXTON COUNTY	-
13	10/06/20	6:00PM	H -	OAK HILL	-
14	10/08/20	7:00PM	H -	JAMES MONROE	-
15	10/13/20	5:00PM	A -	WEBSTER COUNTY HIGH SCHOOL	-
16	10/15/20	5:00PM	A -	PIKEVIEW	-

wins: 0 lost: 0 ties: 0

COVID-19 WAIVER

Pocahontas County Schools has implemented various guidelines and restrictions concerning extra-curricular activities, in an attempt to maintain the health and safety of our students, and to control the spread of COVID-19. Those guidelines incorporate guidance from the U.S. Centers for Disease Control, the West Virginia Department of Health and Human Resources, and the West Virginia Secondary School Activities Commission (WVSSAC). In particular, Pocahontas County Schools has adopted the phased re-start of fall extracurricular activities produced by the WVSSAC, which are attached. Please read these guidelines, and contact your child's coach/director should you have any questions regarding these guidelines.

Unfortunately, no matter how we prepare, Pocahontas County Schools is not able to guarantee that no student will contract COVID-19 or transmit it to another student. There is a possibility, even if we are extremely careful, that our students will contract the disease. As a result, before your child may return to extra-curricular activities, we must ask that you affirm each of the following, by initialing on each line, and signing at the bottom. Should you have any questions regarding this document, please ask your child's coach/director, or contact _____.

_____ I have read and understand the attached Recommendations and Guidelines for Summer 2020, produced by the WVSSAC. I understand if I have any questions regarding these guidelines, I may contact my child's coach/director or _____.

_____ I understand that my child may not participate in any extra-curricular activities if he/she has any symptoms of COVID-19 or feels sick. If my child is experiencing symptoms or feels sick, I understand I am obligated to restrict him/her from participating in extra-curricular activities until the symptoms pass.

_____ I understand the measures that Pocahontas County Schools has put into place to control the spread of COVID-19 during extra-curricular activities, and I agree that I and my child will follow those guidelines.

_____ **I understand that Pocahontas County Schools cannot guarantee my child will not contract COVID-19 while participating in extra-curricular activities but that it is taking measures to prevent against the spread of the disease. I understand that if – at any time – my child or I are concerned about my child contracting the disease, I will raise such concerns to my child's coach/director or Kristy Tritapoe/Athletic Director and my child will not participate in extra-curricular activities until my child and I are again comfortable with him/her participating. I agree to hold Pocahontas County Schools harmless from any claims I or my child may have if my child contracts COVID-19 while participating in extra-curricular activities.**

_____ _____

Student's Printed Name | Parent's/Guardian's Printed Name

_____ _____

Parent's/Guardian's Signature | Date

PART III – STUDENT'S MEDICAL HISTORY

(To be completed by parent or guardian prior to examination)

Name _____ Birthdate _____/_____/_____ Grade _____ Age _____

Has the student ever had:

Yes No 1. Chronic or recurrent illness? (Diabetes, Asthma, Seizures, etc.,)
Yes No 2. Any hospitalizations?
Yes No 3. Any surgery (except tonsils)?
Yes No 4. Any injuries that prohibited your participation in sports?
Yes No 5. Dizziness or frequent headaches?
Yes No 6. Knee, ankle or neck injuries?
Yes No 7. Broken bone or dislocation?
Yes No 8. Heat exhaustion/sun stroke?
Yes No 9. Fainting or passing out?
Yes No 10. Have any allergies?
Yes No 11. Concussion? If Yes _____
Date(s)

PLEASE EXPLAIN ANY "YES" ANSWERS OR ANY OTHER ADDITIONAL CONCERNS.

Yes No 12. Have any problems with heart/blood pressure?
Yes No 13. Has anyone in your family ever fainted during exercise?
Yes No 14. Take any medicine? List _____
Yes No 15. Wear glasses ___, contact lenses___, dental appliances___?
Yes No 16. Have any organs missing (eye, kidney, testicle, etc.)?
Yes No 17. Has it been longer than 10 years since your last tetanus shot?
Yes No 18. Have you ever been told not to participate in any sport?
Yes No 19. Do you know of any reason this student should not participate in sports?
Yes No 20. Have a sudden death history in your family?
Yes No 21. Have a family history of heart attack before age 50?
Yes No 22. Develop coughing, wheezing, or unusual shortness of breath when you exercise?
Yes No 23. (Females Only) Do you have any problems with your menstrual periods.

I also give my consent for the physician in attendance and the appropriate medical staff to give treatment at any athletic event for any injury.

SIGNATURE OF PARENT OR GUARDIAN _____ DATE _____/_____/_____

PART IV – VITAL SIGNS

Height _____ Weight _____ Pulse _____ Blood Pressure _____

Visual acuity: Uncorrected _____/_____; Corrected _____/_____; Pupils equal diameter: Y N

PART V – SCREENING PHYSICAL EXAM

This exam is not meant to replace a full physical examination done by your private physician.

Mouth:			Respiratory:			Abdomen:		
Appliances	Y	N	Symmetrical breath sounds	Y	N	Masses	Y	N
Missing/loose teeth	Y	N	Wheezes	Y	N	Organomegaly	Y	N
Caries needing treatment	Y	N	Cardiovascular:			Genitourinary (males only);		
Enlarged lymph nodes	Y	N	Murmur	Y	N	Inguinal hernia	Y	N
Skin - infectious lesions	Y	N	Irregularities	Y	N	Bilaterally descended testicles	Y	N
Peripheral pulses equal	Y	N	Murmur with Valsalva	Y	N			

Any "YES" under Cardiovascular requires a referral to family doctor or other appropriate healthcare provider.

Musculoskeletal: (note any abnormalities)

Neck:	Y	N	Elbow:	Y	N	Knee/Hip:	Y	N	Hamstrings:	Y	N
Shoulder:	Y	N	Wrist:	Y	N	Ankle:	Y	N	Scoliosis:	Y	N

RECOMMENDATIONS BASED ON ABOVE EVALUATION:

After my evaluation, I give my:

_____ Full Approval;

_____ Full approval; but needs further evaluation by Family Dentist ____; Eye Doctor ____; Family Physician _____; Other ____;

_____ Limited approval with the following restrictions: _____;

_____ Denial of approval for the following reasons: _____.

_____ _____/_____/_____

MD/DO/DC/Advanced Registered Nurse Practitioner/Physician's Assistant **Date**

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION **2020**

2875 Staunton Turnpike - Parkersburg, WV 26104

ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICIAN'S CERTIFICATE FORM

(Form required each school year on or after May 1st. File in School Administration Office)

ATHLETIC PARTICIPATION / PARENTAL CONSENT

PART I

Name _____ School Year: _____ Grade Entering: _____

Home Address: _____ Home Address of Parents: _____

City: _____ City: _____

Phone: _____ Date of Birth: _____ Place of Birth: _____

Last semester I attended _____(High School) or (Middle School). We have read the condensed eligibility rules of the WVSSAC athletics. If accepted as a team member, we agree to make every effort to keep up school work and abide by the rules and regulations of the school authorities and the WVSSAC.

INDIVIDUAL ELIGIBILITY RULES

Attention Athlete! To be eligible to represent your school in any interscholastic contest, you:

_____ must be a regular bona fide student in good standing of the school. (See exception under Rule 127-2-3)
_____ must qualify under the Residence and Transfer Rule (127-2-7)
_____ must have earned at least 2 units of credit the previous semester. Summer School may be included. (127-2-6)
_____ must have attained an overall "C" (2.00) average the previous semester. Summer School may be included. (127-2-6)
_____ must not have reached your 15th (MS), 19th (HS) birthday before August 1 of the current school year. (127-2-4)
_____ must be residing with parent(s) as specified by Rule 127-2-7 and 8.
  _____ unless parents have made a bona fide change of residence during school term.
  _____ unless an AFS or other Foreign-Exchange student (one year of eligibility only).
  _____ unless the residence requirement was met by the 365 calendar days attendance prior to participation.
_____ if living with legal guardian/custodian, may not participate at the varsity level. (127-2-8)
_____ must be an amateur as defined by Rule 127-2-11.
_____ must have submitted to your principal before becoming a member of any school athletic team Participation/Parent Consent/Physician Form, completely filled in and properly signed, attesting that you have been examined and found to be physically fit for athletic competition and that your parents consent to your participation. (127-3-3)
_____ must not have transferred from one school to another for athletic purposes. (127-2-7)
_____ must not have received, in recognition of your ability as a HS or MS athlete, any award not presented or approved by your school or the WVSSAC. (127-3-5)
_____ must not, while a member of a school team in any sport, become a member of any other organized team or as an individual participant in an unsanctioned meet or tournament in the same sport during the school sport season (See exception 127-2-10).
_____ must follow All Star Participation Rule. (127-3-4)
_____ must not have been enrolled in more than (8) semesters in grades 9 to 12. Must not have participated in more than three (3) seasons while in grades 6-7-8. (Rule 127-2-5).
_____ qualify under homeschool rule. (Rule 127-2-3.11, 127-2-7.2k, 126-26-3.1.1k)

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above listed minimum standards but also all other standards set by your school and the WVSSAC. If you have any questions regarding your eligibility or are in doubt about the effect any activity or action might have on your eligibility, check with your principal or athletic director. They are aware of the interpretation and intent of each rule. Meeting the intent and spirit of WVSSAC standards will prevent athletes, teams, and schools from being penalized.

PART II - PARENTAL CONSENT

In accordance with the rules of the WVSSAC, I give my consent and approval to the participation of the student named above for the sport **NOT MARKED OUT BELOW:**

BASEBALL	CROSS	GOLF	SWIMMING	VOLLEYBALL
BASKETBALL	COUNTRY	SOCCER	TENNIS	WRESTLING
CHEERLEADING	FOOTBALL	SOFTBALL	TRACK	BAND

MEDICAL DISQUALIFICATION OF THE STUDENT-ATHLETE / WITHHOLDING A STUDENT-ATHLETE FROM ACTIVITY

The member school's team physician has the final responsibility to determine when a student-athlete is removed or withheld from participation due to an injury, an illness or pregnancy. In addition, clearance for that individual to return to activity is solely the responsibility of the member school's team physician or that physician's designated representative.

I understand that participation may include, when necessary, early dismissal from classes and travel to participate in interscholastic athletic contests. I will not hold the school authorities or West Virginia Secondary School Activities Commission responsible in case of accident or injury as a result of this participation. I also understand that participation in any of those sports listed above may cause permanent disability or death. Please check appropriate space: He/She has student accident insurance available through the school ( ); has football insurance coverage available through the school ( ); is insured to our satisfaction ( ).

I also give my consent and approval for the above named student to receive a physical examination, as required in Part IV, Physician's Certificate, of this form, by an approved health care provider as recommended by the named student's school administration.

I consent to WVSSAC's use of the herein named student's name, likeness, and athletically related information in reports of Inter-School Practices or Scrimmages and Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

I have read/reviewed the concussion and Sudden Cardiac Arrest information as available through the school and at WVSSAC.org. (Click Sports Medicine)

Date: _____ Student Signature _____ Parent Signature _____

state parks
ONE
CAMPING
map &
trail guide
state parks
6
FEET
WE ARE ASKING FOR YOUR HELP

WEST VIRGINIA Department of Health & Human Resources

COVID-19

GUIDANCE FOR ORGANIZED CAMPS – MAY 5, 2020

Organized camps normally permitted by local health departments may not be open at this time due to the prohibition of groups larger than 25 members. According to Governor Jim Justice's plan, "West Virginia Strong: The Comeback," there is no set timeline for when groups of 25 or more will be allowed. This guidance provides information on what will be required once these groups are again permitted. All activities must be in compliance with WV §64 CSR 114, Public Standards for Businesses Remaining Open During COVID-19. Contact your local health department for area-specific information and to discuss feasibility of holding your organized camp.

COMMON SYMPTOMS OF COVID-19

- Fever
- Cough
- Shortness of breath

PERSON-TO-PERSON TRANSMISSION

- Occurs via small droplets from the nose or mouth of the infected person when they cough, sneeze, or exhale.
- Virus can remain on surfaces for a limited time period. Although less common, transmission may occur from touching contaminated surfaces and then touching your eyes, nose or mouth.

GENERAL PREVENTION

- Learn about COVID-19 from reputable sources.
- Maintain physical distance of at least 6 feet between yourself and others.
- Encourage proper handwashing.
- Clean and sanitize surfaces often.
- Do not share food, drinks, etc.
- Wear cloth face coverings.
- Stay home if you feel sick.
- Isolate sick individuals.

PRE-REGISTRATION AND DAY OF REGISTRATION

- Campers and staff must be screened for symptoms and exposure prior to entering camp.
  - Anyone who has been diagnosed with COVID-19, who has COVID-19 symptoms or who has had exposure in the last 14 days to COVID-19 shall **NOT** attend camp.
- Registration must be designed to limit lines and provide social (physical) distancing between individuals registering campers.
- Make effort to do online registration to avoid person-to-person exposure.
- Cloth face masks or coverings must be used at all times.
- Use plexiglass barriers to limit contact between staff and parents/guardians.

CAMP WELLNESS SURVEILLANCE AND PLANNING

- Camp nurse or designated individual will monitor camp participants for symptoms related to COVID-19 on a daily basis and keep a written log.
- If three or more participants begin experiencing symptoms, contact local health department to determine best course of action.
- The camp administration must create a COVID-19 Response Plan that outlines what actions will be taken in the event of a potential infection. This plan must be approved by the local health department and county emergency operations coordinator.

CAMPER AND STAFF EXPECTATIONS

- All staff, campers, visitors, and instructors shall wear cloth face masks or coverings when not sleeping, eating, bathing, or swimming.
- All participants will have at least one new cloth face mask or covering for each day of camp and each should be washed daily after use.
- Handwashing will be encouraged throughout the camp day. When necessary, handwashing stations must be added to accommodate this requirement.
- Hand sanitizer must be available to all camp staff and participants.
- Maintain social (physical) distancing between all participants.
- Opening assembly/orientation must include verbal, visual, and written training on correct use of face masks or coverings, symptoms of COVID-19, and correct handwashing. Daily reminders are recommended.

DISTANCING

- There must be 6 feet of distance between beds used for sleeping.
- Bathhouse use should be planned to prevent lines and allow for social (physical) distancing.
- Classes, assemblies, dining and other activities shall have plans for maintaining social (physical) distancing

Phase III– County Established Three Week Period (Direct Contact between Coaches and Athletes)

- Students and/or adults who have symptoms or feel sick must stay home.
- Face masks/coverings are recommended and should be worn at all times (by both students and adults) except when participating in high intensity aerobic activity.
- Disinfectants and hand sanitizers should be available on site.
- Students and adults should practice frequent hand washing when in contact with others or with equipment (jump ropes, weights, etc.)
- All participants and adults should maintain proper social distancing unless in competition.
- Students should bring own water bottles. No sharing of water bottles or other personal items allowed
- Use of outdoor or indoor facilities
- All activities are limited to students in your school; **no interschool activities**
- Student groups or "pods" of 10 or less (unless in intrasquad competition) but up to 50 students allowed in designated areas. Record names of students in each pod.
- Limit of three hours of activities per day per group or "pod"
- All sport specific equipment used should be disinfected after each individual use
- If a person shows signs and symptoms of COVID 19, anyone who has had contact with that person must quarantine for 14 days.
- To the greatest extent possible, any indoor activities that can be performed outdoors should be scheduled outdoors
- Low and moderate risk sports (as identified by the National Federation of High Schools) will be permitted to participate
- High Risk sports of Football, Competitive Cheer, and Wrestling
    - Football
        - More emphasis on individual position group drills
        - No drills are permitted that have body to body contact (Air only)
        - No handheld shields may be used
        - No equipment (i.e. helmets, shoulder pads, etc.) permitted
        - Groups must be less than 25 participants
    - Competitive Cheer
        - Cheerleaders may not practice/perform partner stunts or building
        - Tumbling, sideline, chants, jumps, and dances without contact are permitted
        - No outside assistance or choreographers may be used
    - Wrestling
        - Individual drills only
        - No drills are permitted that have body to body contact

Other Information

- No FLEX days are to be approved or used during this time
- Please refer to attached documents for proper procedures for sanitizing/disinfecting

RE-OPENING continued

- Flush your water system.
  - Flush hot and cold water through all points of use (e.g., showers, sink faucets).
  - Flushing may need to occur in segments (e.g., floors, individual rooms) due to facility size and water pressure. The purpose of building flushing is to replace all water inside piping with fresh water.
  - Flush until the hot water reaches its maximum temperature.
  - Care should be taken to minimize splashing and aerosol generation during flushing.
  - Other water-using devices, such as ice machines, may require additional cleaning steps in addition to flushing, such as discarding old ice. Follow device manufacturer's instructions.
- Clean all decorative water features, such as fountains.
  - Be sure to follow any recommended manufacturer guidelines for cleaning.
  - Ensure that decorative water features are free of visible slime or biofilm.
  - After the water feature has been re-filled, measure disinfectant levels to ensure that the water is safe for use.
- Ensure cooling towers are clean and well-maintained.
  - Ensure that cooling towers are maintained (including start-up and shut-down procedures) per manufacturer's guidelines and industry best practices. Find guidance on start-up and shut-down procedures from the Cooling Technology Institute (CT 159).
  - Ensure that the cooling tower and basin are free of visible slime, debris, and biofilm before use. If the cooling tower appears well maintained, perform an online disinfection procedure. Find guidance on disinfection procedures from the Cooling Technology Institute.
- Ensure safety equipment including fire sprinkler systems, eye wash stations, and safety showers are clean and well-maintained.
- Regularly flush, clean, and disinfect these systems according to manufacturers' specifications.

ADDITIONAL RESOURCES

- Businesses and Workplaces https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html
- Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19) https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html
- Prepare your Small Business and Employees for the Effects of COVID-19 https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html
- General Business Frequently Asked Questions https://www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline:

1-800-887-4304

SOCIAL (PHYSICAL) DISTANCING GUIDELINES

- Ensure that patrons and employees have the maximum ability to maintain 6 feet of spacing.
- Install clear barriers where employees and patrons must interact, such as check out stations.
- Maximize line spacing and minimize numbers of customers standing in lines.
- Limit the number of patrons in the business at one time.
- Limit 2 persons per 1,000 square feet of floor space and be sure to follow local health department guidance.
- Limit contact with merchandise, money, and credit cards whenever possible. Use gloves when unavoidable. Wash hands or use hand sanitizer after contact if gloves are not available.

ROUTINE CLEANING GUIDELINES

- Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, and doorknobs. Use cleaning agents that are normally used in these areas and follow the directions on the label.
- Provide disposable wipes so that commonly used surfaces (doorknobs, keyboards, remote controls, desks, etc.) can be wiped down by employees before each use.
- Approved disinfectant products:
  - https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf
  - https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.
  - Dilute bleach solutions, made fresh daily:
    - 1/3 cup of bleach per gallon of water.
    - 4 teaspoons of bleach per quart of water.
  - Alcohol solutions with at least 70% alcohol
- Mop floors with disinfectant or bleach solution whenever possible.

GENERAL GUIDELINES

- Promote the use of cloth face masks or coverings.
- Provide training to employees on proper glove and face covering handling and removal.

CLEANING AFTER A SYMPTOMATIC OR POSITIVE COVID-19 EMPLOYEE IS FOUND IN THE WORKPLACE

- Ensure employee(s) performing cleaning are provided with proper PPE: gloves, goggles or a face shield, a face covering, and solid surface shoes that can be sprayed with disinfectant.
- Perform routine cleaning with usual products, following manufacturer's directions.

CLEANING continued

- Use an approved disinfectant, following manufacturer's directions for contact time and applicable surfaces to be cleaned.
- Do not shake out dirty laundry.
- Launder linens, clothing, and clothing bags on the warmest setting possible.
- Dry on normal setting.
- Dispose of waste products used for cleaning and then remove PPE.
- Discard used disposable PPE and/or properly disinfect reusable PPE items.
- Wash hands for 20 seconds and dry with a disposable towel.

USE OF FACE MASKS AND COVERINGS

- CDC recommends the use of simple cloth face masks or coverings as a voluntary public health measure in public settings where other social distancing measures are difficult to maintain.
- West Virginia may require your patrons and employees to follow this recommendation for certain businesses and social settings.
- For workers who do not typically wear masks as part of their jobs, consider the following if you choose to use a cloth face mask or covering to slow the spread of COVID-19:
  - Launder reusable face coverings before each daily use.
  - CDC has additional information on face masks and coverings, including washing instructions and information on how to make them.
  - Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

NOTE: The cloth face coverings recommended by CDC are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

RE-OPENING AFTER PROLONGED SHUTDOWN

- Follow CDC Guidance for Reopening Buildings After Prolonged Shutdown or Reduced Operation.
- Prior to opening and after a building is reopened and occupied, routine (e.g., weekly) checks of the HVAC system are recommended to ensure operating efficiency.
- Ensure your water heater is properly maintained and the temperature is correctly set by manufacturer recommendations.

WEST VIRGINIA Department of Health & Human Resources

COVID-19

GUIDANCE FOR BUSINESSES AND EMPLOYERS – MAY 11, 2020

In accordance with Governor Jim Justice's plan, "West Virginia Strong: The Comeback," many businesses are weighing safety concerns as they consider reopening. The goal of this guidance is to help WV businesses open and minimize the risk of community spread of COVID-19. If your business is regulated by a local health department or other state agency or board, you must contact them for additional guidance and information. All businesses must follow WV § 64 CSR 114 Public Health Standards for Businesses Remaining Open During the COVID-19 Outbreak.

COMMON SYMPTOMS OF COVID-19

- Fever
- Cough
- Shortness of breath
- Chills
- Muscle pain
- Sore throat
- Recent loss of taste or smell

PERSON-TO-PERSON TRANSMISSION

- Occurs via small droplets from the nose or mouth of the infected person when they cough, sneeze, or exhale.
- Virus can remain on surfaces for a limited time period. Although less common, transmission may occur from touching contaminated surfaces and then touching your eyes, nose or mouth.

GENERAL PREVENTION

- Learn about COVID-19 from reputable sources.
- Maintain physical distance of at least 6 feet between yourself and others.
- Encourage proper handwashing.
- Clean and sanitize surfaces often.
- Do not share food, drinks, etc.
- Wear cloth face coverings.
- Stay home if you feel sick.
- Isolate sick individuals.

EMPLOYEE HEALTH AND SAFETY

- Perform a Daily Health Screening for symptoms before employees enter work areas each shift.
- Have a written protocol for what the screener should do if the screening reveals a suspected COVID-19 infected individual.
- Employees who are experiencing symptoms or diagnosed with COVID-19 should not work.
- Employees who have been in contact with someone or provide care for someone diagnosed with COVID-19 should inform management. Note: guidelines are industry specific (i.e. food industry workers may be allowed to work until symptoms show).

EMPLOYEE HEALTH AND SAFETY continued

- Report any COVID-19 positive employee immediately to your local health department.
- Employees who begin experiencing symptoms of COVID-19 while at work should immediately report symptoms to management and leave work.
- Employees must wear a clean cloth face mask or covering, unless safety is inhibited, or other type of Personal Protective Equipment (PPE) as required by employer due to the nature of work being performed.
- Encourage increased handwashing, use of hand sanitizer and appropriately covering coughs and sneezes for all employees and visitors.
- Minimize the use of shared equipment whenever possible (phones, desks, headsets, etc.). If shared, clean and disinfect between uses.

EMPLOYER/EMPLOYEE RESPONSIBILITIES

- Emphasize staying home when sick, respiratory etiquette and hand hygiene by all employees.
- Perform routine environmental cleaning.
- Advise employees before traveling to:
  - Check the Centers for Disease Control and Prevention's (CDC) Traveler Health Notices.
  - Check for symptoms of acute respiratory illness.
  - Notify their supervisor if they become sick while traveling.
- If an employee is confirmed to have COVID-19, employers should inform employees of the possible exposure, but maintain confidentiality as required by the Americans with Disabilities Act (ADA).
- Employers should supply hand sanitizer for use by employees and customers for after hand washing or when hand washing is not practical.
- Businesses shall ensure that customers wear cloth face coverings while receiving services.
- Businesses shall put policies and procedures in place to meet any Executive Order related to the business or service provided.

DINING

- The use of disposable containers and utensils is strongly encouraged. If disposable utensils are not available, silverware must be pre-rolled.
- If indoor/outdoor dining is allowed, then seating must provide 6 feet of space between tables.
- Foods shall be distributed by staff and buffet service is not allowed.
- Drinks shall be dispensed by staff in order to limit the number of hands touching dispensers.
- Condiments must be single use and/or dispensed by staff.
- When campers help with meal setup or take down, they must wash their hands prior to each.
- No family-style service of food shall be allowed.

SWIMMING

- When not in the pool, cloth face masks or coverings should be worn.
- Social (physical) distancing should be observed in the water to the extent possible.
- Social (physical) distancing shall be observed on pool decks.
- Routinely clean and disinfect all chairs or tables in the pool area.

PLAYGROUNDS

- Playground users should observe social (physical) distancing. Do not allow large groups to congregate close together.

SANITATION

- Camp administration shall have a written sanitation plan and designate staff to ensure plan is followed.
- Sanitation plan must create and verify a daily cleaning plan that at a minimum:
  - Disinfects high touch surfaces on a designated frequency
  - Cleans/disinfects restrooms as required in guidelines
  - Cleans showers/baths after morning use and after evening use
  - Includes sleeping quarters
- Tables and chairs must be disinfected between classes.
- Toys, equipment, and other shared articles must be disinfected between uses.

PUBLIC RESTROOMS

- Clean restrooms as needed throughout the day, but at minimum the start of day, mid-day, and end of day. Include frequently touched surfaces like handles, levers, doorknobs, and feminine hygiene disposal boxes.
- Use cleaning agents that are normally used in these areas following directions on the label.
- Provide disposable wipes or paper towels so that a barrier can be placed between hands and commonly used surfaces.
- Post signage about patron health and COVID-19 prevention.
- Use approved disinfectant products:
  - https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf
  - https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2
  - Diluted bleach solutions, made fresh daily:
    - 1/3 cup of bleach per gallon of water.
    - 4 teaspoons of bleach per quart of water.
    - Alcohol solutions with at least 70% alcohol.
- Mop floors with disinfectant or bleach solution routinely, at the same frequency as stated above.

USE OF FACE MASKS/COVERINGS

- CDC recommends the use of a simple cloth face mask or covering as a voluntary public health measure in public settings where other social distancing measures are difficult to maintain.
- Launder reusable face masks/coverings before each daily use.
- CDC offers additional information on the use of face masks/coverings, including instructions on how to make them.
- Individuals should be careful not to touch their eyes, nose, and mouth when removing face masks/coverings and wash hands immediately after removing.

NOTE: The cloth face coverings recommended by CDC are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline:

1-800-887-4304

Pocahontas

Celebrate

Celebrate

NTHS
NTHS

MEMBERS OF THE CLASS OF 2020

Kolton Andrew Alderman- ***C***
Kira Noel Bircher –***V, H, N***
Hailey Grace Bradshaw –***C***
Matthew Coalton Wayne Brewer - ***C***
Jason Kyle Browning - ***C***
Dillon Lee Broyles- ***C***
Brody Morgan Buzzard- ***C, NC***
Colleen Mary Jamison Buzzard, ***N***
Laila Keona Mae Calhoun- ***C***
Jennell Jane Cassell- ***C***
Emily Raeann Casto -***H***
Ginger Chantelle Circosta
Garrett Martin Coleman- ***C***
Margaret Anne Combs- ***C***
Kylian Rain Dennison- ***C, NC, S, H, N***
Emmet Douglas Doolittle- ***C, NC***
Emily Reen-e Doss- ***C***
Daphanie Rayne Duelley- ***H, N***
Isaac Thomas Evans- ***C, NC***
Dustin Michael Fitzgerald- ***C***
Shayna Kaylee Hammons
William Michael Hardesty Jr- ***C, NC***
Elizabeth Ryan Hefner- ***C, NC, H, N***
Dalton Lee Hendrick- ***C***
David Lynn Jordan- ***C***
Hallie Nicole Kane- ***C***
Carly Rose Keatley
Reese Allen Kelley- ***C***
Sarah Paige Kelley -***H***
Alexandra Burke Lane
Isaac Earl Mace- ***C***
Crystal Lea Mayle- ***C***
Caleb Matthew McCarty- ***C***
Josie Ann McCarty
Twyla Star McCarty- ***C***
Violet Louze McComb- ***C***
Myra Sage McLaughlin- ***C, NC, N***
Matthew Austin Moore
Charity Moria Morrison- ***C, NC, S, H, N***
Kaitlyn Jane Moyers- ***C***
Christopher James Murray- ***C***
Ryan Scott Peters- ***C***
Kelly Renee Pyne- ***C, NC, S, H, N, NS***
Andrea Nicole Rabel
Jerica Renee Reed
Dakin Lee Rexrode, ***N***
Keira Lynn Riggsby
Sierra Blake-Lee Rodriguez- ***C, NC, H***
Amelia Marie Rose- ***C, NC, N***
Robert Lee Ryder- ***C***
Cloey Louise Sharp
Dillon Lee Shinaberry- ***C***
Thomas Wilbert Smith, ***N***
Alexa Raye Taylor- ***C, NC, S, H, N***
Jacob Ray Taylor
Glenn Wyatt VanBuren- ***C***
Dillon Ray Vandevander- ***C***
Ryliegh Ty Vaughan-
Andrew Cliff Via- ***C***
Mason Slava Walker- ***C***
Charity HeatherJo Warder -***S, H, N***
Trevor Keaton Wilson- ***C***
Dakota Brandon Lee Workman- ***C***
Devyn Clae Young- ***C***

V—Valedictorian
S—Salutatorian
H—Honor Graduates
N—National Honor Society
C—CTE Completers
NS—National Spanish Honor Society
NC— National Career Technical Honor Society

Pocahontas
School

WILD & WONDERFUL

Celebrate

WARRIORS
HOME
QTR
DOWN
TO GO

Celebrate
Celebrate
Celebrate

Celebrate

ARMY
DEPARTS

Celebrate

Celebrate

She's
Got the
Best Seat
In the House

Celebrate
Celebrate
Celebrate

County High School

Pocahonta

Celebrate

Pocahontas County High

Pocahontas County High School

2020 Graduation

Saturday, June 20, 2020

10:00 am

PCHS Football Field

Pocahontas County High School

Celebrate

Pasadena Junior High School

ahontas County High School

Celebrate
Celebrate
Celebrate

Celebrate
Celebrate
Celebrate

STHS

Celebrate
Class of 2020 Graduate!
Celebrate

Celebrate

Celebrate
Celebrate

Celebrate
Class of 2020 Graduates
Celebrate
Celebrate

High School

Celebrate

ARMY
NATIONAL
GUARD

THIS
ONE'S FOR
YOU!

Pocaho

Celebrate

MOUNTAIN MAMA

High Scho

County High School

Celebrate
Celebrate
Celebrate

Celebrate

20

Wherever LIFE
plants you BLOOM
with GRACE

Celebrate
Celebrate

Chasing
my dreams
to
analyze
yours
WVU 2018

Celebrate

Celebrate

Celebrate

WILD & WONDERFUL

Celebrate

10

Commencement Program

June 20, 2020

Processional .....*"Pomp and Circumstance"*

Welcome.....Joseph Riley, Principal

Invocation.....Sierra Rodriguez

Reflections .....Alexa Taylor

Charity Warder

Kylian Dennison

Charity Morrison

Student Address.....Kira Bircher, Valedictorian

Presentation of Class of 2020.....Elizabeth Hefner

Recognition of Graduates.....Kristy Tritapoe, Assistant Principal

Closing Remarks.....Joseph Riley, Principal

Recessional.....*"Hey Look Ma, I Made It"* by Panic! At The Disco

Celebrate
Celebrate
Celebrate
Celebrate

Junior Marshalls:

Emma Dean

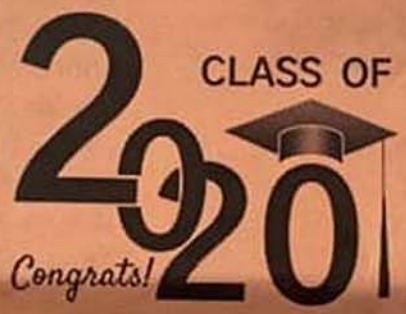
Autumn Lane

Savannah McMillion

Sienna Bircher

Silas Riley

Alan Gibson



Senior Class Sponsors:

Mrs. Cammy Kesterson

Mr. Justin Dilley

Mrs. Laurel Dilley

Ms. Teresa Mullen

Ms. Courtney Curran

Mr. Chris Sutton

Mr. Duane Gibson

Mrs. Emily McLaughlin